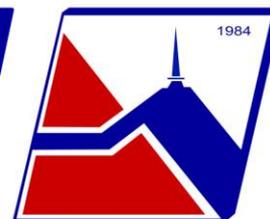




# O-FESTIVALEN

## KONGSBERG 2020

### 26.-28. JUNI



<b>Race Programme</b>	<p>Friday 26<sup>th</sup> June. Sprint race in Kongsberg city centre Norwegian Cup for junior and senior. WRE for D/H21E. Start 17-20 hours</p> <p>Saturday 27<sup>th</sup> 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 28<sup>th</sup> June, Long distance. Norwegian Cup for junior and senior. Chasing start for junior, D/H15 and D/H16 Start 10-13 hours</p>
<b>Arena</b>	<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>
<b>Parking</b>	<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>
<b>Map and terrain</b>	<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>
<b>Embargoed terrain</b>	<p>The race terrain is embargoed for potential runners. Refer to: <a href="https://www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&amp;ll=60.933094560355%2C16.253993000000036&amp;z=5">https://www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&amp;ll=60.933094560355%2C16.253993000000036&amp;z=5</a></p>
<b>Elite classes</b>	<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>
<b>Entry</b>	<p>Ordinary registration in Eventor with the following entry deadlines: Ordinary entry: Monday 15<sup>th</sup> June Late entry: Friday 19<sup>th</sup> June After Friday 15<sup>th</sup> June, registration is only possible in the race office at the arena for direct courses, development courses and N-Åpen.</p>

<b>Punching system</b>	Sprint Friday: EmiTag Touchfree for all classes Saturday and Sunday: Emit punching system. Elite classes will use additional EmiTag for timekeeping.																																																																																																																																																																																																																																																																																																																																																																																																																																																																						
<b>Course Lengths</b>	<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> 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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		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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<b>Entry fees</b>	<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>																																																																																																																																																																																																																																																																																																																																																																																																																																																																						

<b>Free start time</b>	Direct classes.
<b>Youth team competition</b>	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.
<b>Prizes</b>	Prizes according to the regulations of NOF (Norwegian orienteering).
<b>Shop and café</b>	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
<b>Childrens's race and children's park</b>	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.
<b>Course planner</b>	Sprint: Damien Renard Medium and Long distance: Øivind Myhre
<b>Event management</b>	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: <a href="mailto:pinselopet@gmail.com">pinselopet@gmail.com</a>
<b>Event advisor</b>	Sprint: Jan Arild Johnsen, NOF Middle: Gjermund Røren, Eiker o-lag Long: David Løver, Modum o-lag
<b>Event website</b>	<a href="http://www.o-festivalen.no">www.o-festivalen.no</a>
<b>Accommodation</b>	Reference to event website above. There will be a camping area close to the indoor swimmingpool in the Kongsberg city center

