



# Invitation for ski-orienteering in Vangsåsen

**15th and 16th of February 2020**

**Where: Gåsbu cross-country arena,  
Hamar, Norway**

# NM 2020 MELLOMDISTANSE STAFETT SKIORIENTERING

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# Program

## Saturday February 15th

Norwegian championship (NM) middle distance (WRE-status) and national race for all participants. First start at 11:00.

## Sunday February 16th

Norwegian championship relay, youth relay 13-16 years (men, women and mix) and national race for all other participants. First start at 11:00.

## Car parking

Parking at the arena. From county road 103, Gåsbuvegen, follow signs and guidance from the P-guards. Parking fee 50 NOK per day. Cash payment.

## Terrain

Open forest and areas of open and overgrown marshes. The terrain is relatively flat and diffusely.

The tracks are dense and there are only a few wide cross-country tracks.

## Tracks

Close to the arena you can experience wide cross-country tracks. Further out in the terrain, you will find mostly narrow snow mobile tracks.

## Map

Based on the orienteering map of Gåsbu, revised 2019. Scale 1:10.000 and equidistance 5 meters.

## Closed terrain

All tracks around Gåsbu cross-country arena will be closed for all participants from Friday January 25th 2020. A map showing the closed terrain will be available at Eventor.



Arena Gåsbu, from last years Norwegian championship (NM) middle distance

# Classes and course distances

Norwegian championship middle distance/national race	
Class	Distance
M17 NM	8 km (estimated winning time 35 min.)
W17 NM	6,5 km (estimated winning time 35 min.)
M40, Direct long	6 km
M15-16, M50-, W40-	5,5 km
W50-, M60-	5 km
W15-16, W60-, W70-, M70-,	4 km
W/M13-14, Direct short	3,5 km
W/M11-12	2,5 km
Beginners	2 km

Norwegian championship relay/youth relay/national race	
Class	Distance
NM RELAY M17-	3 legs (estimated total winning time 100 min.)
NM RELAY W17-	3 legs (estimated total winning time 90 min.)
Relay M13-16	2 legs á 4,5 km
Relay W13-16	2 legs á 4,0 km
Mix-relay W/M13-16	2 legs á 4,0 km
M40-, Direkte lang	6,0 km
M50-, W40-	5,0 km
W50-, M60-	4,0 km
W60- M70-, W70-, Direct short	3,0 km
W/M11-12, Beginners	2,0 km

Combination teams are allowed, and a runner pool for those who want to run the relay, but don't have their own team will be established.

Precise track distances will be announced in the PM.

Combining classes and last minute changes in the track distances may occur.

## Entry fees

NM-classes individual	NOK 450,-
NM relay	NOK 960,-
Youth relay	NOK 400,-
All other classes 17-	NOK 250,-
All other classes -16 and direct classes	NOK 200,-
Beginners	NOK 100,-

Late entry fee: + 50% except Beginners and direct classes.

Entry fees will be invoiced each club after the race.

## Entry

Entry through Norwegian Eventor. Deadline Monday February 10th at 23:59.

Late registration also via Eventyr and deadline Thursday February 13th at 23:59.

Emit touch free system will be used. Use your own EmitTag number when registering to the race. If you don't have an EmitTag, you can rent one for 50,- NOK. This must be booked when registering at Eventor as additional services. Costs will be invoiced to the club. If you loose a rented EmitTag, your club will be invoiced 600,- NOK.

## Map holder

We have a small number of map holders for rent for 50,- NOK. Map holders must be booked when registering at Eventor as additional services. In the circumstances of lost or destroyed map holder, your club will be invoiced 500,- NOK.

## Start lists and results

All information will be published on [www.eventor.no](http://www.eventor.no).

## Accommodation

There are many nice places to stay in the Hamar area. More information at [www.visit-hedmark.no](http://www.visit-hedmark.no)  
Discounted prices (NOF-price) at Clarion Collection Hotel Astoria.

## Prizes

According to NOF's rules. Medals and diplomas in NM.

## Cancellation

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.

## Cold weather conditions

If the temperature is below  $\pm 15^{\circ}\text{C}$  the organizer will evaluate if the race can take place. In such low temperatures, the organizer can demand participants to use more clothes. In a situation of temperatures below  $\pm 20^{\circ}\text{C}$  in most of the terrain, a decision to postpone the start time or canceling the race will be taken.

## Organization

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# Welcome to ski-orientering in Vangsåsen!

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