



Race bulletin

Sjusjøløpene 2019

Sprint on Saturday 14 December and middle distance on Sunday 15 December 2019.

The races are included in the “Norgescupen” for classes W/M17-20 and W/M21. For W/M21 the races are also World Ranking Events (WRE).

Classes and course distances:

(Dec. 12th: Distance still subject to minor changes)

Classes	Length Saturday	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, W17Short, W40, W50	2.8 km	3.5 km
M15-16, M17Short, M50	3.0 km	4.5 km
W17-20, W21, M40	3.2 km	5.0 km
M17-20, M21	3.5 km	7.0 km

Scale 1: 7500, equidistance 5 m both days

Terrain:

Mostly open mountain-like terrain with marshes and varying spruce and birch forest. Moderate topography with some steeper sections.

Maps and trails:

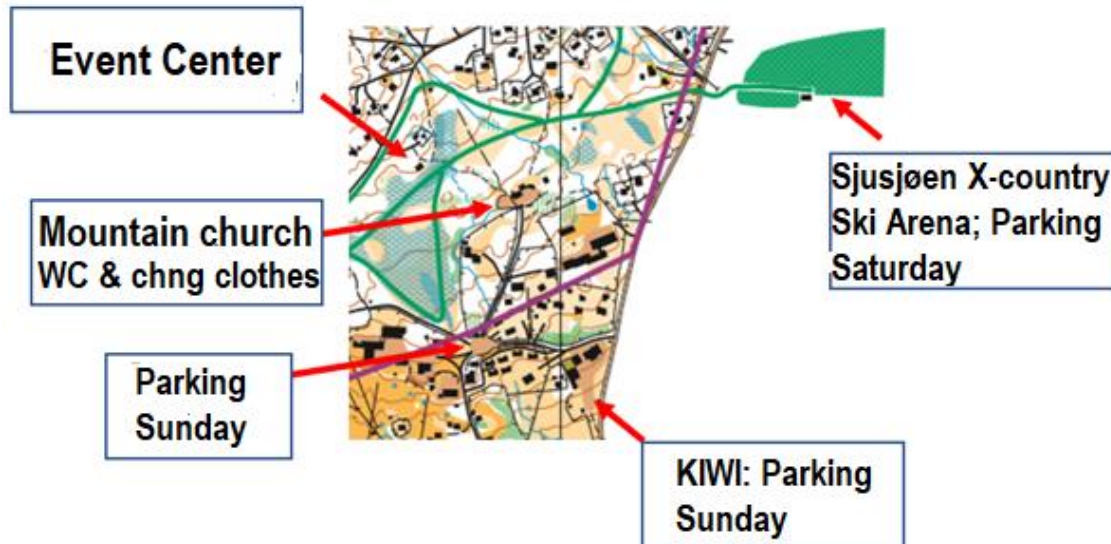
There are mostly snow scooter tracks and a few machine-driven trails throughout the area. The distribution is 10% wide tracks and 90% narrow tracks. Please, take into account occasional skiers and people who might walk without skis in the area.

Event center and parking:

The event center is at the old food station along the Birkebeiner Trail, approx.. 500 m west of Sjusjøen cross-country ski arena.

On Saturday you can park at Sjusjøen cross-country ski arena, coordinates 61.1579331, 10.6952149. Remember to pay parking fee on vending machine. To get to the event center, follow the ski tracks a few hundred meters further along the Birkebeiner Trail towards Lillehammer, see map.

On Sunday there is limited parking opportunities at the Sjusjøen cross-country arena due to a local ski competition. Then, there are some parking spaces below Sjusjøen mountain church. In addition, we have been allowed to park in the lower parking area at the Kiwi shop (NB! This applies for Sunday only). It is otherwise recommended to ski to the race venue.



Start / finish:

The event center and finish line will both days be the old food station along the Birkebeiner Trail. There are marked red / white ribbons from the event center to the start both days. Only one start. It is marked from the last post to the finish. Clothes from the start are transported back to the finish both days.

Start Saturday: Follow the ski track from the event center, about 2 000 meters to the start. First start at 13:00 hrs. 50 m to the start point. On the way to the start, you can meet runners who are competing, show consideration for these!

The Beginner Open class has free start time between 13.00 -14.00. (It is difficult to start earlier as possible snowy weather may require the need to operate snow scooters until the normal start time).

Start Sunday: Ski track from the event center, approximately 1 500 meters to the start. First start at 09:30 hrs. The Beginner Open class has free start time from 09:30 to 12:00. 50 m to the start point.

Starting procedure and finish:

Call time 3 min before start. Then set the Emit Touchfree chip in zero/start mode.

Maps are made available 15 seconds before start in W/M21 and W/M 17-20.

Maps are available 1 min before start in other classes.

Beginner Open and W/M11-12 can collect maps in the event office before starting.

At the finish line, all runners must register the Emit Touchfree chip on the finish control point.

Receipt System:

Emit touchfree (emiTag).

Everyone uses emiTag. Those who do not have their own chip are assigned a rental emiTag chip. This is picked up at the event office (NOK 50, regardless of participation in one or both races, the clubs are billed). Any lost emiTag is invoiced to the runner's club with NOK 600, -.

We have emiTag chips for sale at the event office for NOK 750,- (NOK 563,- with trade-in emiTag). VIPPS or cash payment only – exact amount please.

Old emiTags:

Experience shows that there are always some weak emiTags on the first ski-o-races for the season. EMIT has the following info / recommendation on changing old emiTags:

All emiTag tags with serial numbers lower than **3 731 640** should be replaced during 2019.

A 25% discount upon full prize (NOK 750) is given if an old emiTag chip is being replaced.

Prizes:

Awarding in accordance with the guidelines of the Norwegian Orienteering Federation. Prizes to Beginner Open and W/M11-12 when finishing. Prizes in other classes are handed over as soon as possible after the classes have been concluded.

Map racks:

A limited number of map stands are available for hire. These are collected at the event office.

The rental price is NOK 50, regardless of one or two runs. Lost or broken map rack is billed to the runner's club with NOK 500, -

There will be a map rack for sale at the event office for NOK 750, - (VIPPS or cash payment only – exact amount please)

Start lists/ results:

Posted at <http://eventor.orientering.no/Events> [No paper lists will be shown at the event center, bring your charged smartphone]

Toilets and facilities for change of clothes:

There is no heating room or wardrobe in the arena, but it is open to change in the hallway at Sjusjøen mountain church (a few hundred meters away). There is also a toilet. It is marked with yellow / black bands from the event center to the church.

Late entries:

Post registration in Eventor by Thursday 12th December at 23:59. After that by e-mail to **gunnar.vik@online.no** or sms to +47-96010599, if possible at the event center on race day, provided available maps.

Event director: Ole P Haugen ☎ +47- 93242010 ✉ haugenolepetter@gmail.com

Course setter: Erlend Slokvik

Technical Delegate / IOF Event Advisor: Lars Lystad