

Norwegian Spring

Trail Orienteering (PRE-O) 20th – 21th of APRIL 2013

OBS! New information regarding the European Cup has been added on the last page.
Updated 27th of April.

PROGRAM Saturday April 20th

10:00 first start main classes
13:45 first start youth competition

PROGRAM Sunday, April 21th

11:00 first start all classes

VENUE:

Saturday: Signposted from the junction of roads RV111/FV627 by Ise.

Sunday: Signposted from exit 1 from E6 north of the border Norway/Sweden in both directions.

PARKING:

Saturday: On solid ground, up to 700m walking to the arena.

Parking fee 20 NOK

Sunday: On the arena, no parking fee.

COMPETITION AND CLASSES:

Main classes: Elite-, A- and B/N-level

The event is arranged as a two-day overall competition.

Youth competition Saturday: WM 0-12 (B/N-level) and WM 13-16 (A-level), Open (A-level). In the class WM 0-12 parents/adults are allowed to assist the competitors at the course. In the Open class there are no age restrictions (also open for those older than 16 years old).

COMBINE VÅRSPRETEN/-STAFETTEN AND TRAILO

On Saturday it is possible to combine participation in the foot-o events and TrailO. Those running Vårspretten may compete in the TrailO main classes before running, while those competing in Vårstafetten may compete in the TrailO youth competition afterwards. See the separate invitation for the foot-o events on the web pages for the event.

YOUTH COMPETITION

Saturday a separate (free) TrailO competition for youths will be arranged. Instructors will be available. The ordinary entry deadline applies.

INTRODUCTION TO TRAILO

An introduction to TrailO will be published on the events web pages in due time for the competition. It is recommended that those without previous experience with TrailO take a look this before the event.

MAP/TERRAIN :

Saturday: Revised in 2013 by Morten Dalby. Scale 1:4000, eq. 2,5m, ISSOM. The competition area is partly with few details and close to urban areas. The visibility varies from very good to poor. The route goes in everything from forest to urban areas, and fields with sight into forest areas. The route goes on asphalt and is mainly flat with a few steep sections.

Sunday: Redrawn TrailO map 2012/2013 by Morten Dalby. Scale 1:4000, eq. 2.5m, ISOM. The competition area is located on a peninsula with open forest, a few huts and quite a few paths in a terrain with both small scale and large scale contour features. The area is rich on both black and brown details. The route consists mainly of bigger paths on rather flat surface except for a few steeper sections.

Both maps are also revised for TrailO.

COURSE LENGTHS

All classes Saturday: 1500-1800m.

All classes Sunday: 600-1200m.

START:

Saturday: 300m to start in all classes.

Sunday: 200m to start in all classes.

FINISH:

Saturday: Finish at the arena.

Sunday: 700m to walk back to the arena after finish.

TIMED CONTROLS:

Saturday: Before start in main classes, after finish in the youth competition.

Sunday: Before start in class A and B/N, after finish in class Elite.

PRIZES: Prizes will be given for the overall competition according to the rules of the Norwegian Orienteering Federation in addition to prizes for the winners each day. Participation prizes in the youth classes.

CHILD CARE:

Saturday: Free and open for all children over 2 years old.

Sunday: No child care.



A joint event arranged by
Halden SK and Sarpsborg OL.
Web pages: www.norwegianspring.no



SERVICE:

There will be kiosk/coffee shop (basic on Sunday) and HC-toilet on the arena both days.

ASSISTANCE:

Any need for assistance during the course must be specified when making the entry.

ORGANISORS:

Event director (TrailO): Martin Jullum, mob. +47 47633245

Course setter (TrailO): Martin Jullum

Controller (TrailO): Knut Ovesen, Lardal O-lag

Event director (main event): Tom Wahlgren, mob. +47 91117106

Controller (main event): Bjørn Paulsen, OK Moss

INFORMATION AND PRESS CONTACT:

Starting lists, results and other information will be published on the event's web pages www.norwegianspring.no and Eventor when they are ready.

E-mail to martin.jullum@gmail.com (TrailO).

ENTRY AND LATE ENTRY:

Entry via Internet (Eventor) with deadline **Tuesday 12th of April**. Follow hyperlinks from the event's home pages (the system may also be used by foreign clubs by first registering a new club).

Late entry: At the latest Thursday 18th of April in Eventor.

After this date it is only possible by calling the event director for TrailO at mob +47 47633245 provided there are extra maps left.

No late entry in the youth competition after Thursday 18th of April.

On day entry: No on day entry other than late entry provided left over maps.

ENTRY FEE:

Main classes per day			Youth competition Saturday		
Classes	Entry fee (until 12/4)	Late entry (from 13/04)	Classes	Entry fee (until 12/4)	Late entry (from 13/04)
Elite	NOK 150,-	NOK 225,-	WM 0-12	NOK 0,-	NOK 0,-
A, B/N	NOK 110,-	NOK 165,-	WM 13-16	NOK 0,-	NOK 0,-
50% discount for competitors aged 16 and younger in the main classes.			Open	NOK 0,-	NOK 0,-

The entry fee may be paid in cash at arrival, for those wishing so. Alternatively Norwegian clubs may be charged later to an addressee supplied at entry. Foreign clubs must pay in cash at arrival or pay in advance to Norwegian account (or Swedish account). Such deposits must be done to Norwegian Spring with contact person Svein Melby, Syrinvn 10, 1711 Sarpsborg. Marked TrailO.

Norwegian account: Sarpsborg SpareBank1: 1030.09.64694
IBAN: NO7610300964694 BIC-address: SPTRNO22.

Swedish account: Bankgirot 5365 2681

PUNCHING SYSTEM:

Manual punching pins. The organizer got a few extra punchers which may be borrowed by those without their own puncher. Such must be specified at entry.

ACCOMODATION:

There is a wide range of accommodations available in the area. More detailed accommodation information will be published on the event's web pages.

Thon Hotel Halden

Tlf. 69 21 33 00 - Fax 69 21 33 01
halden.booking@thonhotels.no
www.thonhotels.no

Special offer for the Norw. Spring weekend:
NOK. 445,- per. person in double room, including breakfast.

A small number of HC-customized rooms.

Quality Hotel & Resort Sarpsborg

Tlf. 69 10 15 00 - Fax 69 10 15 01
qr.sarpsborg@choice.no
www.choice.no

Sarpsborg Hostel Tuneheimen

Tlf. 69 14 50 01 - Fax 69 14 22 91
sarpsborg@hihostels.no
www.sarpsborgvandrerhjem.no



SPORTS EQUIPMENT FOR SALE SATURDAY



NEW INFORMATION: EUROPEAN CUP

Both days of Norwegian Spring (only class E) are included in the new European Cup in TrailO. See IOF's web pages for more information regarding the cup:

<http://orienteering.org/events/387/unofficial-european-cup-in-trailo/>.

Any additional information related to the cup will be given in the pre-race information.