



# PM

## Ski-O Gåsbu 15th-16th of February 2020

# NM 2020

MELLOMDISTANSE  
STAFETT  
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# Program

## Saturday February 15th

- Norwegian championship (NM) middle distance, first start at 12:00
- National race for all classes, first start at 11:00
- N-Open and direct classes can start when they want from 10:30

## Sunday February 16th:

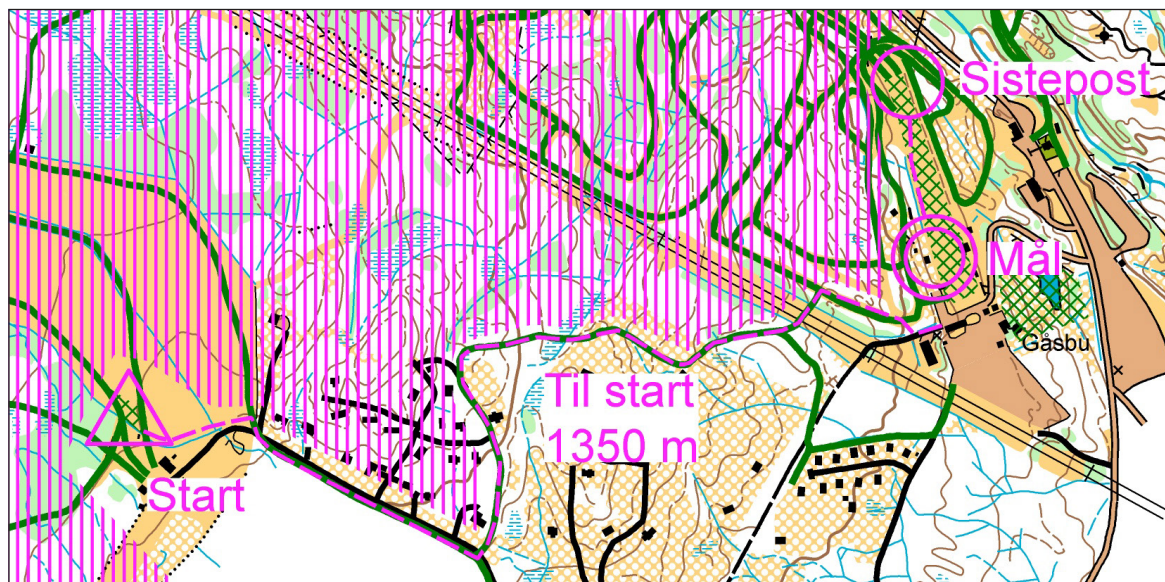
- Norwegian championship relay, start M 17 at 11:00, W 17 at 11:05
- Youth relay 13-16 years (men, women and mix) start at 11:10
- National race for all classes, start from 11:30
- N-Open and direct classes can start when they want from 10:30

# Attendance and car parking

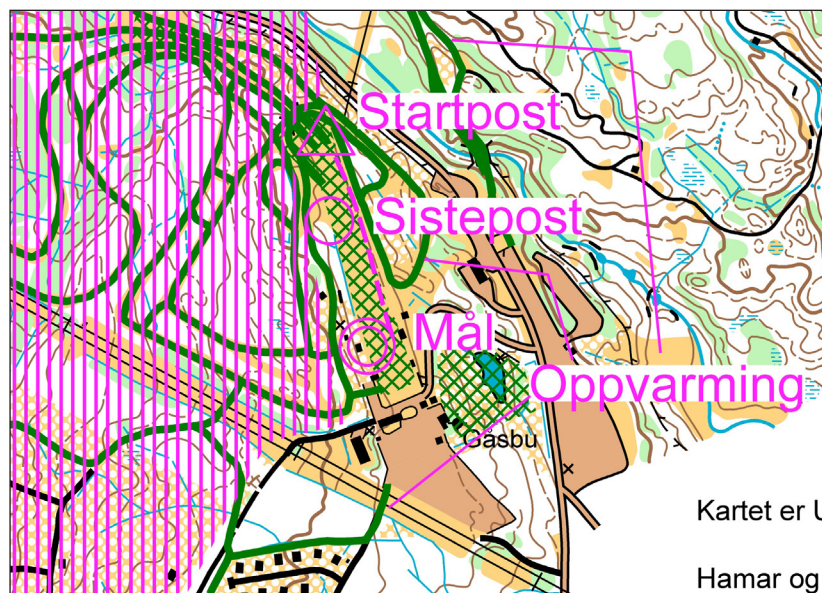
Gåsbu cross-country arena.

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 or **VIPPS: VANG OL # 519244.** We recommend that you pay for the parking beforehand and for both days.

# Arena



Arena map Saturday



Arena map Sunday

## Classes and tracks

### Norwegian championship middle distance/national race

Class	Distance
M17 NM	7,8 km
W17 NM	6,7 km
M40, Direct long	6,3 km
M15-16, M50-, W40-	5,6 km
W50-, M60-	5,0 km
W15-16, W60-, W70-, M70-,	4,1 km
W/M13-14, Direct short	3,4 km
W/M11-12	2,3 km
Beginners	1,5 km

### Norwegian championship relay/youth relay/national race

Class	Distance
NM RELAY M17-	7,2 - 6,3 - 7,2 km
NM RELAY W17-	5,9 - 4,8 - 5,9 km
Relay M13-16	4,4 - 4,4 km
Relay W13-16	3,7 - 3,7 km
Mix-relay W/M13-16	3,7 - 3,7 km
M40-, Direct long	6,8 km
M50-, W40-	5,0 km
W50-, M60-	4,0 km
W60- M70-, W70-, Direct short	3,6 km
W/M11-12, Beginners	1,9 km

During the relay on Sunday, the track lengths may vary up to 150 m due to forked courses.



The runners can look forward to great conditions

## Map

Based on the orienteering map of Gåsbu, adapted to ski-orienteering.

Scale 1:10.000 and equidistance 5 meters.

Scale 1:5000 for N-Open and W/M11-12.

All maps will be collected after finish both days, and will be handed out again when last skier in W/H17 NM has started. A PDF-file of the tracks will be accessible online after the event.

## Terrain and tracks

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.

In the south western part of the area the tracks are more hilly and will challenge your ski-o capabilities. Close to the cross-country arena, the terrain are even more hilly and the map can be challenging due to the amount of cross-country competition tracks.

Track distribution both days are approx. 20% groomed tracks and approx. 80% snow mobile tracks. Western part of the terrain has tracks for mushing. They are approx. 2,5 m broad and are indicated on the map as groomed tracks.

## Start

### Saturday:

Approx. 1,3 km to start for all classes. Follow ski track marked with black/yellow band North-West from the cafeteria. Please respect closing of cross trails. The distance from starting time to start post is 100 meters.

### Sunday:

Start at the cross-country arena for all classes.

The distance from starting time to start post is 200 meters.



Many hours of preparation have been done.

## Starting procedure for individual races

The participants are responsible for showing up at the correct starting time. Your name will be announced 3 minutes before start. Reset your tag 2 minutes before start. You will receive the map 15 sec. before start for NM-classes and 1 min. before start for all other classes. Classes where you can start when you want reset the tag when they start. N-Open and W/M11-12 receives the map in good time before start.

## Start and exchange procedure relay

### Start

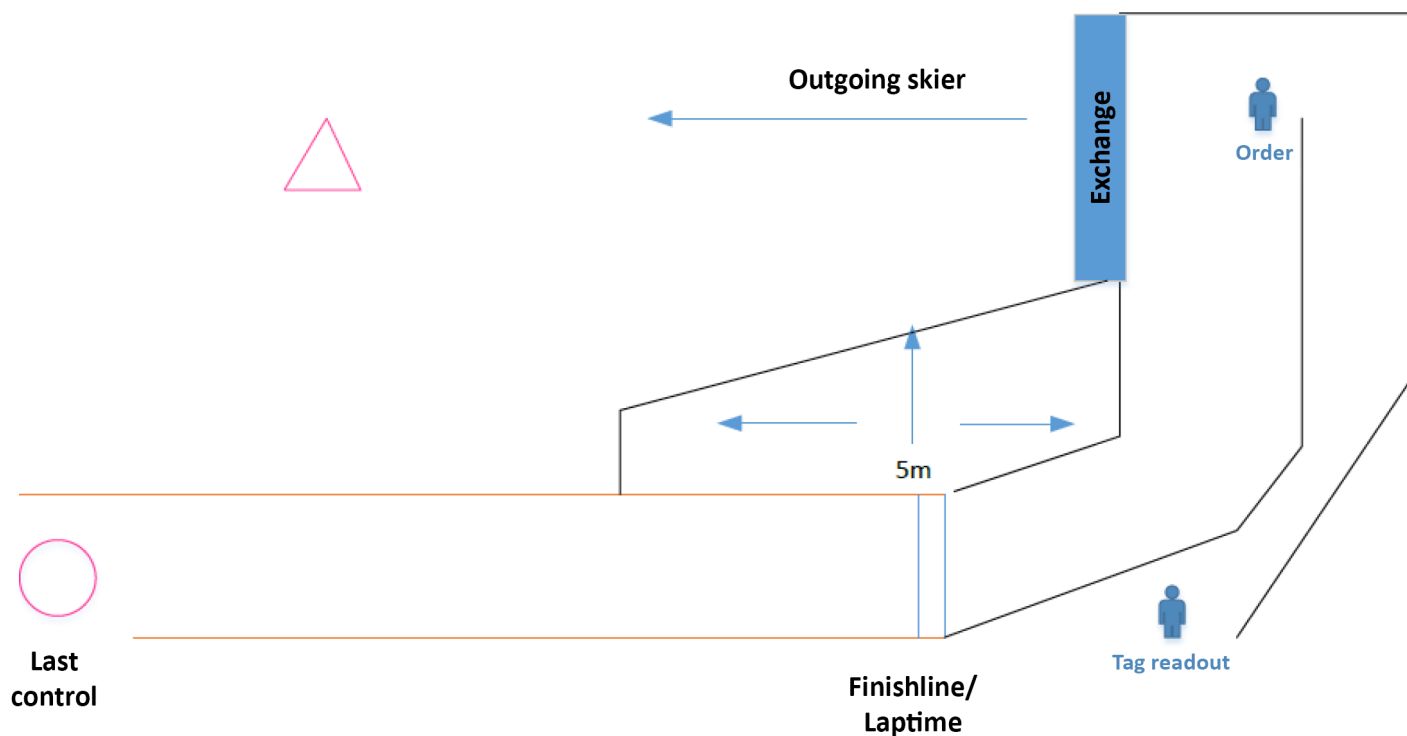
Find your position 3 minutes before start. The map is handed out in the skier's right hand behind the back 1 minute before start. The map can be placed in the map holder on signal 30 seconds before start.

It is approx. 200 meters from the mass start to the start post.

### Exchange

Incoming skier must follow the markings from the last post, cross the finish line to get lap time, and continue to the exchange area. Exchange within the marked area and by touching the shoulder on the next skier. Outgoing skier picks up the map from a stick with maps. The maps are marked with the team's start number. The map for the second leg on top and the third leg at the lowest. Incoming skier continues for tag readout. The distance from exchange to start post is approx. 200 meters.

See map below;



## Teams line-up

Deadline for submitting the team line-up in Eventor is Saturday February 15th at 18:00.

## Ski testing/warming up

### **Saturday:**

Use the marked groomed track towards start. It is also possible to perform your testing and warm up at start.

### **Sunday:**

All testing and warm up must take place at the arena and at an area toward North East. See map at page 2.

## Start number

### **Saturday:**

NM-participants starting on Saturday must attach the start number at right thigh.

### **Sunday:**

All relay participants at Sundays competition must attach the start number at right thigh. You will get new start numbers for the relay on Sunday.

Go get your start number at the race office located in the large building South-East on the arena.

## Time keeping and rental tags

We will use the Emit touchfree system, and rental tags is handed out at the race office.

You can use your own tag compatible with the touchfree system. Attach the tag around your arm or wrist. When holding your tag closer than 50 cm from the screen, you will see a blinking light on your tag and it is approved. NB! The skier is responsible for checking the light signal on the tag. The post is marked with a code and a post screen.

It is **touchfree!** That means it is not necessary and not allowed to hit the screen. You only need to swipe your tag so close that you get the light signal. Use the same tag both days. Keep the tag if you participate on races both days. Rented tags must be handed in after finish on Sunday. If you only participate Saturday or Sunday, you hand in the tag after finish the day you participate. If you lose a tag or forget to hand it in, you will be responsible for paying a compensation.

NB! The skiers that have attached their emiTag on the arm before and after the race, must be careful not to cross closed areas or come to close the finish line registration. That may cause problems with the time keeping system. Please respect closed and forbidden areas.

All emiTag-bricks with a lower series no. than 3 731 640 must be replaced during 2020. You can buy new emiTags at the race office.

You can test your tag at start.

## Map holder rental

Map holders are at the race office.

PS: Remember to deliver all rented equipment before you travel home.

## Entry fee

All entry fees are indicated in the invitation. All entry fees and fees for rented equipment will be invoiced you Norwegian club after the event. Foreign clubs need to pay the entry fee in Norwegian crowns at the race office before start.

## Drinking- and equipment posts

There are no drinking or equipment posts during the races Saturday and Sunday. Drinking will be served after finish.

## Deadline for appeals

The deadline for appeals are 15 min after last skier has crossed the finish line in the respective class.

## Prizes

**Prizes are handed out in the cafeteria and according to the rules by NOF;**

All participants will get prize up to and including 12 years. 1/3 of participants in classes 13-16 years will get prizes, and the winners in all other classes. For the NM-classes, there are medals to the three best racers/teams, and prize and diploma to 1/3 of the starting participants.

Participant in N-Open and W/M11-12 can get their prizes after finish. Other classes will get their prizes as soon as all participants are finished.

Prizing ceremony for NM-classes takes place according to published timelines and will be announced by the speaker.



Enjoy!

## Cafeteria

Hot and cold drinks and something to eat will be served inside the cafeteria.  
Pay with cash or **VIPPS – VANG OL # 519244**.

## Toilets

You will find toilets in the same building as the Cafeteria.

## Cold weather conditions and cancellations

In a situation of temperatures below  $\pm 20$  °C in most of the terrain, the race will be canceled. If there are strong winds or/and the temperature is below  $\pm 15$  °C the organizer will evaluate to demand participant to use more clothes. This will be announced by the speaker and controlled before start. Cancellations due to unforeseen weather conditions on the day of the event, the organizer is entitled to retain the entire entry fee.

## Organization

**Leader:** Øivind Frøisland (+47 419 22 204)

**Ass. leader:** Per Olav Andersen (+47 918 86 082)

**Course responsible:** Jan Ola Pedersen.

**Course planner:** Ove A. Haugereid.

**TD/WRE-inspector:** Yngve Mobråthen.

# Welcome to ski-orientering in Vangsåsen!

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