

EASTER CORONA CUP

7th-14th April 2020
Halden, Norway



**HSK EASTER
CORONA
CUP 2020**

BACKGROUND

The well-known global situation regarding to **COVID-19** is definitely changing our season plan, and opening a new time which is marked by the uncertainty. Our camps (*Tiomila* and *Easter*) have been cancelled, as well as our main targets (*Tiomila* – postponed?, *Jukola* – cancelled, ...), even if we believe that some of the big competitions will be rescheduled for next Autumn. Furthermore, according to the current restrictions, no organized trainings are allowed.

However, we need to keep the training and the motivation up, so that when everything ends (because it is going to end) we will be ready for a short, very intense and exciting season. And what a better way to begin than with a 3 stages competition with virtual results in *Easter*? That is exactly the **Easter Corona Cup 2020**.

EASTER CORONA CUP

The Easter Corona Cup is a **3 stages competition** which will be organised in the maps:

- Stage 1: *Skårefjell*.
- Stage 2: *Guttersrød*.
- Stage 3: *Høiås*.

The overall results will be calculated by adding the points obtained in the 3 stages.

CLASSES

There will be 3 classes at every stage:

- **Men:** about 5.5-6k
- **Women:** about 4.5k
- **AK:** about 3-3.5k

DATES

You can run the 3 stages whenever you want between the period **April 7th to 14th**, and in the order you prefer.

RESULTS

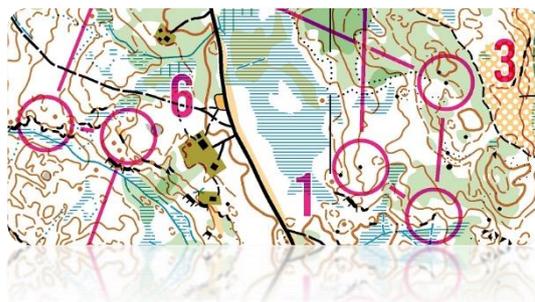
To make the **result list** of every stage, you only need to record your race in your GPS watch and send the .GPX file, full name and class by email to: raul@haldensk.no (before April 15th!).

You can borrow Loggator gps-unit to run with if you need.

The ranking points will be calculated by giving 100 points for the winner of every class, and applying the following formula to the other participants: $(winner\ time / your\ time) * 100\ points$.
Disqualified athletes will get 20 points.

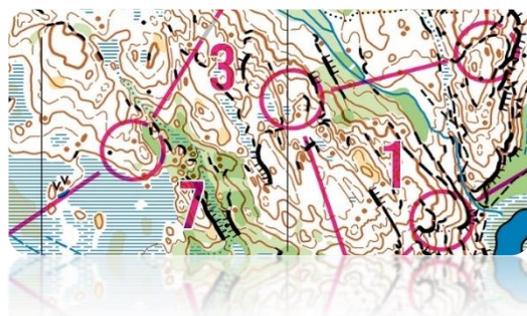
STAGE #1

Map	<i>Skårefjell</i>
Scale	1/10.000
Length	<ul style="list-style-type: none">• Men: 5700 m• Women: 4600 m• AK: 3100 m
Parking	Link
Available	From 07.04.2020
Loggator	Men: Link Women: Link AK: Link



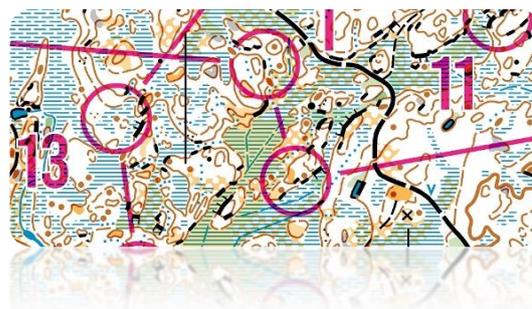
STAGE #2

Map	<i>Guttersrød</i>
Scale	1/10.000
Length	<ul style="list-style-type: none">• Men: 5900 m• Women: 4600 m• AK: 3400 m
Parking	Link
Available	From 07.04.2020
Loggator	Men: Link Women: Link AK: Link



STAGE #3

Map	<i>Høiås</i>
Scale	1/10.000
Length	<ul style="list-style-type: none">• Men: 5800 m• Women: 4600 m• AK: 3500 m
Parking	Link
Available	From 09.04.2020
Loggator	Men: Link Women: Link AK: Link



GENERAL GUIDELINES

- Don't touch the controls and don't run together.
- Start running from the pick-up-maps point.
- Compete fair; don't study the map and route choice before running.

DOWNLOAD AND PRINT

You can download and print your map (and a separated control description) from the link: [FILER HSK EEC](#). Please, notice that courses will be available in the folder from 06.04.2020 at evening. Some printed maps will be also available at *HSK house (Alfheimveien 30)*.

UPDATES AND RANKING

You can find all the updates, results and ranking in the next link: [Excel ECC](#)

FINAL COLLAGE

Send also by email a picture of you in one of the stages. We'll make a final collage with pictures of all the participants. Just for fun!

NON HALDEN SK PARTICIPANTS

Runners from other clubs can voluntarily pay 50 kr on Vipps #99224 - HSK salg treningskart.
Entries: <https://eventor.orientering.no/Events/Show/12862>

*Raúl Ferra
Head-Coach HaldenSK*