



## 2013 INFO

# Welcome to a Norwegian classic !

The 2013 KVISTKVASET (meaning something like “Fight-in-the-bush”) is the 37<sup>th</sup> of its kind in history.

This means that KVISTKVASET is the longest continuously held o-event in Norway (except championships).

Thousands of young o-runners have made their relay debut – as a positive/funny experience - in KVISTKVASET.

The 3 Fs of the event image are:

FAST (lots of paths....)

FIGHT (lots of dense vegetation)

FUNNY (we do all this for fun – don’t we?)

We keep the rest as simple as possible; BUT no compromises on excellent maps (Kristen Treekrem), advanced courses with tricky controls and special prize hats. “KK-hat-with-moose” as 1<sup>st</sup> prize, is the most prestigious prize to win and wear in Norway – maybe in the whole world of o.

The spectators and runners stay north of the building. To the west (south from the passing control; “small house”) you’ll find toilets.

Visit our food and drinks shop!

Get yourself a Norwegian souvenir from the handicraft shop (exclusive artefacts made by the club’s own members (“Peasant and Badger”). A birch-bark mini o-control is a “must”!

Change of runners or EMIT tag numbers must be reported to the event office before **11.30** – if you cannot just exchange tags within the team.



The start signal is the famous “branch-crack”.

D/H10-12      1 x 2,0 km      start 12.00

Example exchange:      12.05

D/H 11-16      .....      start 12.25

D17 (2 prizes) 3 x 5,5 km      start 12.30

D120 (2 pr) 3 x 4,2 km      start 12.30

D160 (1 pr) 3 x 3,0 km      start 12.30

**H17 (4 pr) 3 x 6,6 km      start 12.30**

H130 (4 pr) 3 x 5,5 km      start 12.30

H170 (2 pr) 3 x 4,2 km      start 12.30

100 meter to run to the start triangle.

All legs are forked!

Map: Vardåsen; 1:10.000, 2013 (27<sup>th</sup> April)! Excellent – even though a few more old spruce trees have fallen since then! 5 meter contours.

The central terrain has one larger hill with open pine forest and blueberry bushes. Around this hill – and especially towards the finish – there is quite dense vegetation. There are many paths.

Forbidden areas:

Private gardens and cultivated fields are out-of-bounds – even if not red-marked on the map.

Some of the roads used/crossed are open for cars and bicycles. Take care!

No radio-control (check the passing-control yourselves to see when your teammate is approaching)!

Approx. 1 km from passing-control to the finish!

Remember to clear your EMIT-tag before starting. Visit the “0 units”!

After finishing your race, remember to visit the tag reading unit (corner of the building).

At 12.05 we will show you how a perfect exchange should be performed.

Results are shown at:

<http://orientering.asil.no>