

Regionalt fokusløp Østfold løp 2

8th – 16th May 2021

Høiåsmarka - Halden, Norway



Halden SK welcomes you to the second stage of the **Regionalt fokusløp Østfold**, which will take place in the great terrain of Høiåsmarka.

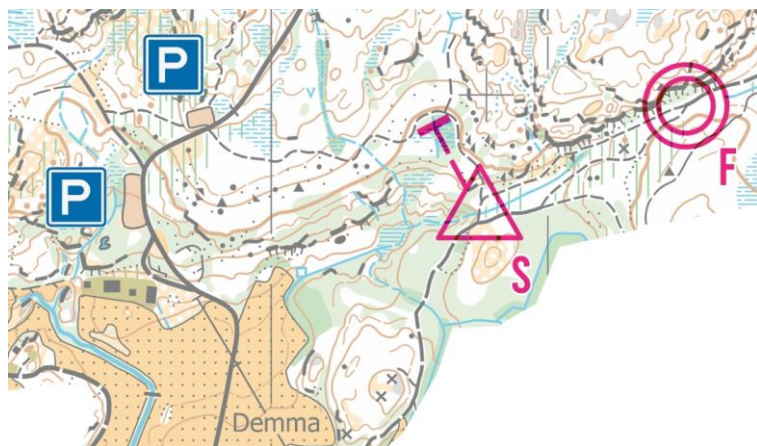
COURSES AND CLASSES

COURSE	CLASSES	LENGTH	CONTROLS	SCALE	LEVEL	MAP SIZE	TYPE
A1	H21	5540M	16	1/10000	A	A4	MIDDLE
A2	D21 H17-20	4880M	12	1/10000	A	A4	MIDDLE
A3	D17-20 H15-16	4200M	11	1/10000	A	A4	MIDDLE
A4	D15-16	3770M	9	1/10000	A	A4	MIDDLE
B	D/H13-14	2670M	10	1/10000	B	A4	MIDDLE
C	D/H12	2300M	10	1/10000	C	A4	MIDDLE
N		2000M	7	1/10000	N	A4	MIDDLE

COURSE SETTER: RAUL FERRA

Controls, starting point and finish will be marked with large flags in the forest.

START, FINISH AND PARKING



Parking at the parking places along the road to Høiås, coordinates: [59.164007, 11.428882](https://www.google.com/maps/place/59.164007,11.428882)

If both parking places on the map are full, use the parking lot 1 km south, please do not park along the road.

MAP

The map is a new version of Høiåsmarka made by *Yngve Skogstad* in April 2021. The scale is 1/10.000 and 5 metres contour for all classes.

RESULTS

Results will be made based on GPS routes uploaded to *Livelox* and imported to *Eventor* after the closure of the race. To ensure accurate timing, start running at the map issue point and continue running a bit after the finish flag. When uploading your route to *Livelox* you can cut additional parts of your training but make sure that the route covers both start and finish to get a valid time from *Livelox*.

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.
- After the race, upload your route to **Livelox**. →



PARTICIPATION FEE

For runners from other clubs; 50 kr payed using Vipps #99224 - HSK salg treningskart.