



O-FESTIVALEN

OSLO 23-25 JUNI 23

INVITATION – BULLETIN 2



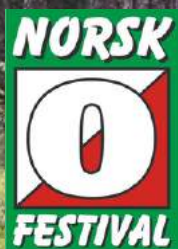
SPRINT | MIDDLE | LONG

HARALØKKA

GRØNMO

GRØNMO

MORE INFO:



www.o-festivalen.no

www.oppdal.com

[@ofestivalen2023](https://www.instagram.com/ofestivalen2023)



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WELCOME TO OSLO AND ØSTMARKA

Oppsal IF Orientering are proud to invite you to Norsk O-festival and midsummer weekend in Østmarka.

We can offer nice arenas and brilliant, challenging terrain all days!

Combine the competitions with a short summer vacation in Norway's capital!

PROGRAM

Friday, June 23rd:

- Afternoon sprint, first start 17.00. Classes with fixed start times from 18.00

Saturday, June 24th

- Middle distance. World Cup selection race for Norway.
- Additional Kids' Team competition for 8-12 year olds starts at

Sunday, June 25th

- Long distance. World Cup selection race for Norway.

Norwegian Cup (juniors/21E) and World Ranking Event (W/M 21E) all days

TRAINING

Oppsal Orientering will offer training packages in relevant terrain from late spring/early summer.

More info to come on our webpage.

ARENAS

Friday: Haraløkka sports complex, Bøler

Saturday: Grønmo recreational area

Sunday: Grønmo recreational area

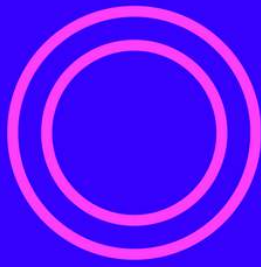
Up to 2,5 km walk from parking Friday. Appr 500m walk parking Saturday and Sunday. Easy access on bike or with pram/pushchair

PUBLIC TRANSPORT

Friday: Metro line 3 (bus for train) from Oslo Central/ Jernbanetorget to Bøler. 800m walk on hard surface to arena Haraløkka.

Saturday/Sunday: Bus 550 from Oslo Bus Terminal to Godheim (21 min). 2 km walk on gravel road to arena Grønmo.





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Sprint: Elite and youth classes: residential areas, schools, parks, sport arenas and streets.

Other classes: Detailed forest with a lot of paths and good runability.

TERRAIN

Middle/long: The famous Østmarka (Oslo's eastern forests), a favourite among generations of Norwegian runners: A mix of steep hills, more "kind" elevation and a lot of beautiful, open pine ridges, some hiking trails, MTB tracks and older gravel roads. Mostly great runability and very few areas with dense forest, but still challenging both physically and technically

"I have trained in Østmarka a lot. It is one of my favourite terrains, among the best for technical orienteering"

**Anders Nordberg,
Norway National
team Coach**



"A great area where you get challenged in many ways, at the same time you are getting lots of fun"

**Raul Ferra, head
coach Halden SK**



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CLASSES AND COURSES

Course lengths are preliminary and could change +/- 10 %

Elite classes may be split in E1, E2 etc depending on number of participants. More information in PM

Competition classes		Sprint, friday		Middle, saturday		Long, sunday	
Age	Level	Women	Men	Women	Men	Women	Men
9-10	N	1,5 km	1,5 km	1,9 km	1,9 km	1,9 km	1,9 km
11-12	C	1,6 km	1,6 km	2,0 km	2,0 km	2,2 km	2,2 km
13	B	2,1 km	2,2 km	2,5 km	2,5 km	3,7 km	3,7 km
14	B	2,1 km	2,2 km	2,6 km	2,6 km	3,7 km	3,7 km
15	A	2,3 km	2,5 km	2,8 km	3,2 km	4,7 km	5,2 km
16	A	2,3 km	2,5 km	2,8 km	3,3 km	5,2 km	5,5 km
17-18	E	2,7 km	3,1 km	3,1 km	3,5 km	5,8 km	8,0 km
19-20	E	2,7 km	3,1 km	3,2 km	3,7 km	6,8 km	9,0 km
21	E	2,9 km	3,4 km	4,8 km	5,4 km	10,4 km	12,6 km
35	A	2,1 km	2,2 km	3,2 km	3,7 km	5,5 km	7,3 km
40	A	1,9 km	2,2 km	3,0 km	3,6 km	5,0 km	7,1 km
45	A	1,9 km	2,2 km	3,0 km	3,6 km	5,0 km	7,1 km
50	A	1,8 km	2,0 km	2,7 km	3,4 km	4,5 km	6,2 km
55	A	1,8 km	2,0 km	2,7 km	3,4 km	4,5 km	6,2 km
60	A	1,7 km	1,8 km	2,4 km	3,0 km	3,8 km	5,5 km
65	A	1,7 km	1,8 km	2,4 km	3,0 km	3,8 km	5,5 km
70	A	1,6 km	1,7 km	2,2 km	2,5 km	3,0 km	4,1 km
75	A	1,6 km	1,7 km	2,2 km	2,5 km	3,0 km	4,1 km
80	A	1,6 km	1,7 km	2,2 km	2,2 km	3,0 km	3,1 km
85	A	1,6 km	1,7 km	2,2 km	2,2 km	3,0 km	3,0 km

Open classes		Sprint, friday	Middle, saturday	Long, sunday
N1 Open	N	1,5 km	1,5 km	1,8 km
N2 Open 9-16	N	1,6 km	2,2 km	1,9 km
N2 Open 17-	N	1,5 km	2,6 km	2,3 km
C Open 10-16	C	1,7 km	2,0 km	2,2 km
C Open 17-	C	1,9 km	2,6 km	3,2 km
B Open 10-16	B	2,0 km	2,6 km	2,8 km
B Open 17-	B	2,1 km	2,7 km	4,0 km
A Open short	A	-	2,6 km	3,5 km
A Open intermediate	A	-	3,2 km	5,5 km
A Open long	A	2,2 km	3,7 km	7,0 km

Age classes have fixed starting times. Open classes have free starting times

Some classes have a chasing start on Sunday (see below)

CHASING START

Chasing start on Sunday in the following classes:
W15, M15, W16, M16, W17-18E, M17-18E, W19-20Elite og M19-20Elite.

The chasing start is based on the results from the race on Saturday



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PUNCHING SYSTEM

Sprint: Elite classes and W/M 13-16 use emiTag (touch free) both for punching and time keeping. Other classes use EMIT-stamp.

Middle and long: W/M15, W/M16 and Elite classes: Punching with traditional Emit Card, time keeping with EmiTag.

EmiTags will be available to hire, contact the organizer

Other classes: Punching and time keeping with traditional Emit Card.

MAPS

Friday: Haraløkka, revised 2023 by Kristen Treekrem. 1:4.000, 2 m eq.

Saturday and Sunday: Spinnern/Skullerudåsen, revised 2023 by Kristen Treekrem. 1:10.000 (1:15.000 for WRE classes on long distance), 5 m eq / 1: 7.500, 5 m eq (Age groups 50 and over)

KIDS' TEAM COMPETITION

Saturday we will have Lagkonkurransen for 8 to 12 year olds! A team competition (3-5 runners) with the coolest mass start of the season, different challenges and a lot of fun! More information to come! If you lack teammates, contact us!

EMBARGOED AREAS

It is forbidden for the competitors to enter the race area prior to competition. See detailed map over the embargoed areas on the homepage of the Norwegian Orienteering Federation:
<http://orienteering.no/arrangement/nof-aktivitet/terrengsperringer/>

SALES

Our cafe will offer a good selection of food and drinks on both arenas. O-sport.no will have a sport store with focus on orienteering and running equipment on both arenas

KINDERGARDEN / UNDER 8'S

There will be fun for all! There will be a playground where your kids will be looked after while you run, and also fun races for future orienteers, on both arenas!



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PRIZES

Classes with fixed starting times

-12 years: Prizes for all participants every day. Other classes according to guidelines from the Norwegian Orienteering Federation.

Classes with free starting times:

N1-Open, N2-Open 9-16, C-Open 10-16 og B-Open 10-16: Prizes for all. Other classes: Prizes for winner in each class, and some prizes in a lottery each day

FEES (IN NOK)

Age	Normal	Late entry
12 and younger	150	150
13-16 (youth classes)	150	225
17 and over	280	420
Elite, all classes	340	510
Open, up to 16	150	150
Open, 17 and over	280	280

ENTRIES

In Norwegian eventor for all races! <https://eventor.orientering.no/Events>

Entry before June 12th 2023. Late entry accepted with 50 % added fee until June 19th 2023. Open classes even on race day, until 1 hour before last start

Payment for non-Norwegian runners by international bank transfer:

- Post address: Oppsal Orientering v/ Ludvig Rødnes, Låveveien 8, 0682 Oslo
- Bank account: 0532 14 39421
- IBAN: NO28 0532 1439 421
- BIC: DNBANOKKXXX

EVENT DIRECTORS

Main Event Director: Lars Klyve

Event Director Sprint: Anette Wigaard

Event director Middle and Long: Marie Hammer Iversen

COURSE PLANNERS

Course planner sprint: Ludvig Rødnes

Course planner middle: Kristoffer Fiane Pedersen, Ås-NMBU IL

Course planner, long: Ola Marius Pedersen

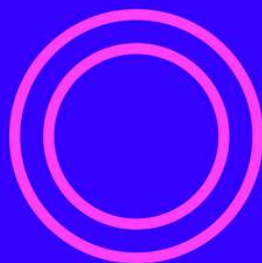
COURSE CONTROLLERS/ EVENT ADVISORS

Event Advisor: Jan Arild Johnsen, NOF

Course controller, sprint: Jan Arild Johnsen, NOF

Course controller, middle: Sören Jonsson, Nydalens SK

Course controller, long: Tilda Johansson, Bækkelaget SK



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A MIDSUMMER'S WEEKEND IN OSLO

Late June is the perfect time to visit Oslo! When you're not competing, you should definitely check out the city! The Opera House is joined by the new Munch Museum and are the centre of a new and exciting area in Bjørvika. The New National Museum gets international attention. And if you try to explore the fiord, the forests around the city or some of the many restaurants and cafes, you will understand why the inhabitants love their hometown. Did we mention that it's very easy to explore Oslo on a bike?

Hotel: The chain Nordic Choice Hotels is the hotel partner of The Norwegian Orienteering Federation. You can look up their hotels in Oslo and the area around here: <https://www.nordicchoicehotels.no/norgesorienteringsforbund/>

As per March 1st, Oppsal Orientering / O-festivalen 2023 the following will have special offer for participants at O-festivalen:

ACCOMMODATION

- 50 rooms are reserved for participants at **Sørmarka Conference Centre**, approximately 15 minutes drive from Arena Grønmo. Singles (NOK 1195/night), Doubles (room price NOK 1596/night), Triple (room price NOK 1996/night) and 4-bed (NOK 2396/night) available - all prices including breakfast. Contact jarle@sormarka.no, use code "O-festivalen 2023"
- **Fellesskapshuset Abildsø**, hard floor option, houses 114 on hard floor and has 2 rooms with five beds. Hard floor: NOK 200/night, rooms NOK 1000/night. 20 min walk from Arena Haraløkka, 10 min drive from Arena Grønmo. Buses and subway close. Order direct at kontakt@fellesskapshuset.no
- **Haraldsheim Youth Hostel**, book through webpage haraldsheim.no
- **Breivoll Gård**, owned by DNT (the Norwegian Trekking Association). Several options, bunk beds and lavvo. Tent friendly. Located close to Bunnefjorden, about 15 min drive south of Arena Grønmo. Order at breivoll@dnt.no
- Oslo has a lot of hotels, the closest to the arenas are Scandic Helsefyr, Radisson Blu Alna and Quality Hotel Mastemyr.

The nearby Ekeberg Camping is unfortunately fully booked because of the Tons of Rock Festival which takes place the same weekend as O-festivalen. **Topcamp Bogstad**, west of the city centre, and **Vestby Gjestegård og hyttepark** about 30 km south of Oslo are nice camping options that offers cabins and space for caravans and tents.

We explore further accommodation options, please check the website for updates



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TO DO

A lot of activities close to the arenas, indoor climbing, cinemas, swimming pools etc. There is only a short metro or bus ride to downtown Oslo with museums, galleries, cafes and much, much more.

Friday 23rd is Midsummer Night, which usually is celebrated a lot of places. The beaches of Oslofjord and of course Nøklevann (situated on the sprint map) are nice places to spend the evening.

Do also check out our homepage for inspiration!

CONTACT US

Any questions? Feel free to ask anything at: o-festivalen@oppsalorientering.no

Main Event director Lars Klyve - e-post: la.klyve@gmail.com

Homepage: www.o-festivalen.no

Oppsals homepage: www.oppsal.com

Follow us on Instagram: [@ofestivalen2023](https://www.instagram.com/ofestivalen2023)

