



Final Information

The Norwegian Orienteering Federation and Oppsal Orienteering welcome you to O-festivalen in Østmarka 23.-25. June 2023.

There is currently a high risk of forest fires. It is forbidden to have bonfires or grills at the arena.

Program

Friday 23rd June Sprint- Arena Haraløkka

The info tent will be open between 15.30 - 21.00

Start Open classes (with queuing start): 17.00-20.00

Start Other classes: 18.00-20.00

Distance from parking to arena: approx. 2 - 2,5 km

Follow the marked route to the arena or you will enter the competition area.

Distance from arena to start 1: approx. 300 metres

Distance from arena to start 2: approx. 900 metres

Follow the marked route from the arena to start or you will enter the competition area.

Runners must go through emit check on the way to the start.

Saturday 24th June Middle distance– Arena Grønmo

The information tent will be open between 09.00 - 15.00

Start Open classes (with queuing start): 10.00-14.00

Start M21E1 and W21E: 10:00-14:00

Start other classes: 11.00-14.00

Start team competition for kids: 14.00.

Distance from parking to arena: max. 500 metres

From the arena to start: approx. 1000 m, approx. 20 metres elevation.

Follow the marked route from the arena to start or you will enter the competition area.

Runners must go through emit check on the way to the start.

Start for the children's team competition is at the arena.

Sunday 25th Sunday of June Long distance – Arena Grønmo

The information tent will be open between 09.00 - 15.00

Start: Open classes (with queuing start): 10.00 -13.00

Start: M21E1, M21E2, W21E, D15 and H15: 10.00-14.00

Start: Other classes: 11.00-13.00

Distance from parking to arena: max. 500 metres

From the arena to start: approx. 900 metres along a path, with approx. 50 m elevation.

Runners must go through emit check on the way to the start.

Parking and Public transport to the arenas

Parking fee is 40 NOK per day or 100 NOK for all three days. This can be paid with Vipps to 815514 or at the information tent.

Sprint at Haraløkka Idrettspark, Bøler.

Parking is at Skullerud, the route to parking is marked from exit no. 30, Abildsø, på E6. It is not allowed to drive directly to Haraløkka Idrettspark.

Follow the marked route from parking to arena, approx. a 2,5 km walk on both asphalt and dirt roads. Marked with orange and white streamers.

There is limited parking at Skullerud. We encourage those who have the possibility to use public transportation or ride a bike. From the bus stop Bøler T, it is only 800 metres to walk. There is bike parking available at the arena.

Information: If the limited parking at Skullerud becomes full, participants will be directed to paid parking (Park Nordic or EasyPark). In that case, you do not need to pay a fee to the organiser.

Public transport options for Friday.

- Bus 24 Fornebu vest - Bøler T
- Bus 76 Helsefyr T – Mortensrud T,
- Bus 79 Grorud T – Åsbråten,
- Bus for metro, 3B Helsefyr T - Bøler, and
- Flybussen (Airport bus) Gardermoen- Mortensrud

Get off at Bøler T and follow the orange and white streamers 800m to the arena.

NB: Runners must follow the marked route to avoid running in the competition area. This applies to cyclists as well.

Middle and Long Distance at Grønmo Arena

Parking is at Grønmo. The route to parking is marked from exit 27, Klemetsrud, on the E6 and from Riksvei 155.

There is a 500 metre walk from parking to the arena following the orange and white streamers.

Public Transport

Bus 550 Oslo Bussterminal – Enebakk. Get off at Godheim then follow the orange and white streamers 2 km to the arena.

Map and Terrain

NB: There are lots of controls out for all three days, some are very close. Ensure to check your numbers.

The maps are printed on waterproof paper.

Friday- sprint

"Haraløkka" - Scale 1:4.000.

Contour interval 2 m - Revised 2023 - Mapper Kristen Treekrem.

Special feature: x = Beach flag

Terrain Description:

For elites and M/W 13-16 the terrain is mainly apartment buildings with some school areas, parks, and streets.

Running shoes or o-shoes without spikes.

The other classes go through a well used hiking area which has lots of walking and bike tracks. There is an area with intricate contour detail. The vegetation varies between; open pine, denser spruce and deciduous forest. Both visibility and runnability is generally good.

O-shoes are recommended.

Out of Bounds:

It is forbidden to cross areas of olive green and purple stripes (symbol 709). There are also some artificial boundaries marked with red and white tapes. Crossing such features may result in disqualification.

Saturday– Middle Distance

"Spinnern/Skullerudåsen" - Scale is different between courses, check the table with course distances

Contour interval 5 m - Revised 2023 - Mapper Kristen Treekrem

Spesiell feature: o = Shelter

Tracks: The map is frequently used by hikers and bike riders, who are constantly creating new tracks. Therefore, a lot of smaller tracks are not on the map.

In some open areas some rocks below 1 metre are mapped.

Terrain Description:

Moderately hilly with detailed slopes and open ridges which is traversed by walking and cycling tracks. Vegetation varies between pine, dense spruce, and deciduous forest. Parts of the terrain have exposed rocks, but other areas have stony ground. The runnability is good.

Cyclists:

There are many cyclists in the terrain. Both on main tracks and smaller tracks on the map.

Sunday - Long Distance

"Spinnern/Skullerudåsen" - Scale is different between courses, check the table with course distances

Contour interval 5 m - Revised 2023 - Mapper Kristen Treekrem

Tracks: The map is frequently used by hikers and bike riders, who are constantly creating new tracks. Therefore, a lot of smaller tracks are not on the map.

Terrain Description

The running terrain is varied and includes both a frequently used hiking area with many trails and cycling paths, and wilderness areas with fewer trails and untouched nature. The terrain is moderately hilly with north-south oriented hills and some marshes and lakes. The vegetation consists largely of open pine forest with heather and good visibility, with some areas of denser spruce forest. The overall runnability is good.

Out of Bounds:

It is forbidden to cross olive-green areas on the map. There is a meadow that is also forbidden to cross/enter which is marked as out of bounds on the map and with solid tapes in the terrain.

Failure to comply may lead to disqualification.

Map Flips and Arena Run Throughs

Friday– Sprint

Map flip for M/W 17-18E, M/W19-20E, W21E, M21E1, and M21E2.

Classes M/W17-18E, M/W19-20E og M21E1, M21E2 and W21E will pass on the north side of the arena during the race.

Saturday- Middle Distance

There is a map flip from classes W21E and M21E1.

Sunday– Long Distance

There is an arena runthrough for M21E1, M21E2 and W21E

Classes and Courses

Regular Courses

Class	Sprint			Middle		Long	
	Start friday	Distance	Scale	Distance	Scale	Distance	Scale
M21E1	1	3,8	1:4000	5,4	1:10.000	13,2	1:15.000
W21E	1	3,2	1:4000	4,6	1:10.000	9,6	1:15.000
M21E2	1	3,8	1:4000	4,8	1:10.000	12,1	1:15.000
M19-20E	1	3,2	1:4000	3,8	1:10.000	9,3	1:15.000
W19-20E	1	3,2	1:4000	3,2	1:10.000	6,8	1:15.000
M17-18E	1	3,2	1:4000	3,4	1:10.000	8,2	1:15.000
W17-18E	1	3,1	1:4000	3,0	1:10.000	6,1	1:15.000
M16	1	2,6	1:4000	3,3	1:10.000	5,4	1:10.000
W16	1	2,3	1:4000	3,0	1:10.000	5,1	1:10.000
M15	1	2,6	1:4000	3,1	1:10.000	5,1	1:10.000
W15	1	2,4	1:4000	2,9	1:10.000	4,6	1:10.000
W14, M14	1	2,2	1:4000	2,7	1:10.000	3,7	1:10.000
W13, M13	1	2,0	1:4000	2,5	1:10.000	3,7	1:10.000
W9-10, M9-10	2	1,5	1:4000	2,0	1:7.500	1,9	1:7.500
W11-12,	2	1,5	1:4000	2,0	1:7.500	2,3	1:7.500

M11-12							
W35	2	2,0	1:4000	3,1	1:10.000	5,5	1:10.000
M35	2	2,1	1:4000	3,7	1:10.000	7,4	1:10.000
W40, W45	2	1,9	1:4000	3,0	1:10.000	5,4	1:10.000
M40, M45	2	2,1	1:4000	3,7	1:10.000	7,1	1:10.000
W50, W55	2	1,8	1:4000	2,7	1:7.500	4,5	1:7.500
M50	2	1,9	1:4000	3,4	1:7.500	6,2	1:7.500
M55	2	2,0	1:4000	3,4	1:7.500	6,2	1:7.500
W60, W65	2	1,8	1:4000	2,4	1:7.500	3,8	1:7.500
M60	2	1,8	1:4000	3,0	1:7.500	5,0	1:7.500
M65	2	1,8	1:4000	3,0	1:7.500	5,0	1:7.500
W70, W75, W80, W85, M80, M85	2	1,7	1:4000	2,2	1:7.500	2,9	1:7.500
M70, M75	2	1,7	1:4000	2,4	1:7.500	4,1	1:7.500

Open classes

Class	Sprint			Middle		Lang	
	Start friday	Distance	Scale	Distance	Scale	Distance	Scale
N1 Open	2	1,5 km	1:4000	1,5 km	1:7.500	1,8 km	1:7.500
N2 Open 9-16	2	1,6 km	1:4000	2,3 km	1:7.500	1,9 km	1:7.500
N2 Open 17-	2	1,5 km	1:4000	2,6 km	1:7.500	2,6 km	1:7.500
C Open 10-16	2	1,7 km	1:4000	2,0 km	1:7.500	2,3 km	1:7.500
C Open 17-	2	1,9 km	1.4000	2,5 km	1:7.500	3,1 km	1:7.500
B Open 10-16	2	2,0 km	1:4000	2,7 km	1:7.500	3,2 km	1:7.500
B Open 17-	2	2,1 km	1:4000	2,8 km	1:7.500	3,9 km	1:7.500
A Open Short	-	-	-	2,7 km	1:7.500	3,8 km	1:7.500
A Open Middle	-	-	-	3,2 km	1:7.500	5,6 km	1:7.500
A Open Long	2	2,2 km	1:4000	3,8 km	1:10.000	7,2 km	1:10.000

Classes M/W 9-10, M/W 11-12, N1 open, N2 open 9-16, N2 open 17- and C-open 10-16 will receive their map in their team bag from the information tent.

Norgescup – WRE

The starting order in WRE classes is seeded according to the rules of the International Orienteering Federation (IOF).

Other classes are drawn according to the rules of Norwegian Orienteering Federation (NOF)

Chasing starts

For the classes D/H15, D/H16, D/H17-18E and D/H19-20E there will be a chasing start on Sunday. The starting order is based on Saturday's results. First start in each class is:

D15	10:00	D17-18E	12:00
H15	10:30	H17-18E	12:30
D16	11:00	D19-20E	13:00
H16	11:30	H19-20E	13:30

Runners who are more than 20 minutes behind the winner, as well as those who were disqualified or did not start on Saturday, will start in a mass start 25 minutes after the leader in their class. Start lists will be published on Eventor on Saturday evening.

Runners will be called up 3 minutes before their start time.

Registration

It is possible to register for Open classes until race day. Registration through Eventor closes at 11:59 PM the night before the race. After that, registration can be done at the race office until one hour before the last start.

There is no late registration fee for participation in Open classes.

Registration Fee

Age	Fee
Open classes <16	150 NOK
Open classes >17	280 NOK
Team competition	250 NOK

Norwegian clubs will be invoiced after the event. Foreign clubs and unaffiliated runners can pay in advance via IBAN BIC or alternatively at the race office.

Bank: 0532 14 39421.

IBAN: NO28 0532 1439 421

BIC: DNBANOKKXXX

Punching system

Friday:

Classes D/H 13, D/H 14, D/H 15, D/H16, D/H 17-18E, D/H 19-20E and D/H 21E use emiTag both for punching and time keeping.

Other classes use Emit brick.

Saturday and Sunday:

D/H15, D/H16 and Elite classes: Punching with traditional Emit brick, time keeping with EmiTag.

EmiTags will be available to hire, contact the organiser

Other classes: Both punching and time keeping with traditional Emit brick.

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Kids' team competition uses Emit brick. Only one Emit brick per team.

Participants who have rented emiTags and/or emit brick can collect their units at the race office before the start. Runners who have not registered with a valid emiTag and/or emit chip will be assigned rental unit(s) by the organiser. Runners who participate in multiple days keep the units and use the same unit(s) for all days they run. After the last race, the units are to be returned at the finish. Non-returned emiTags will be invoiced at 865 NOK and emit brick at 800 NOK.

The emiTag will flash at the start, indicating that it has been cleared. The flashing confirms successful punching at control points. Depending on the speed, punching will be registered within 10-50 cm of the control unit. EmiTags with numbers under 3992590 expire in 2023 and should not be used.

It is the runner's responsibility to use the correct chip according to the start list. Runners who use the wrong brick may risk not being approved. If the brick does not function when the runner finishes, the runner will be disqualified.

EmiTag:



Emit brick



Emit check, GPS and start bibs

All runners must go through emit check on the way to the start.

Runners in D/H 13 and D/H14 will have bib numbers on Friday, H/D15, H/D16 and elite classes will wear race bibs on all days.

Self-service of race numbers and safety pins at GPS distribution. (Feel free to use the safety pins for multiple days). Start numbers are unique for each day and will not be reused.

Selected runners in elite classes will wear GPS tracking equipment. Tracking equipment will be distributed to the runners near the emit check.

Lists of tracked runners will be published on Eventor.

The 20 first runners in D/H 15 and D/H16 will have the option run with a Livelox-GPS on Sunday.

There will not be vests for the GPS devices, so the runners must bring a vest, a suitable pocket with a zipper, or similar.

The GPS devices will be collected at the finish line. Any unreturned GPS device will be billed at 1,200 NOK. Runners with GPS devices cannot actively deactivate the GPS device before it is returned at the finish.

GPS devices will be distributed as follows on the different days:

Klasse	Fredag	Lørdag	Søndag
M21E1	30	30	10
W21E	30	30	10
M19-20E		20	20
W19-20E		20	20
M17-18E	20		20
W17-18E	20		20
M16*			20
W16*			20
M15*			20
W15*			20

*The runners must bring a vest, a suitable pocket with a zipper, or similar. A Livelox GPS weighs 40 gram and measures 4*4*2 cm.

Start and start procedure

Classes M/W 9-10, M/W 11-12, N1 open, N2 open 9-16, N2 open 17- and C-open 10-16 will receive their map in their team bag from the information tent and take this to the start. Follow yellow and black streamers to start.

There are two starts on Friday, make sure you go to the correct one. Check the table with course distances for your start.

There is only one start on Saturday and Sunday.

Runners with both emiTags and emit-chip activate the emit brick at call up time.

Runners with Emit brick activate the brick at their start time.

Distance to start Friday

Start 1 Approx. 300 m from arena. Warm up between the arena and start 1.

Approx 90 metres to start control, this is not included in the course distance.

Start 2 Approx. 900 m from arena. Warm up between the arena and start 2.

Approx. 90 metres to start control, this is not included in the course distance.

Follow the marked route from the arena to start or you will enter the competition area. .

Runners must go through emit check on the way to the start.

Distance to start Saturday

Start approx. 1000 metres, app 20 metres of elevation.

Approx. 100-150 metres to start control, this is included in course distance.

Follow the marked route from the arena to start or you will enter the competition area. .

Runners must go through emit check on the way to the start.

There will be toilets and water at the start on Saturday.

Team competition for kids starts at the arena on Saturday.

Distance to start Sunday

Start approx 900 metres, approx 50 metres elevation
Approx. 100 metres to start control, this is included in course distance.

Runners must go through emit check on the way to the start.

Late to start.

Runners who arrive late to start may start as soon as it is practically manageable for the organizer.
The time runs from the set start time.

The start time is noted so that it can be used if for some reason it should be the organizer's fault that runners arrived late and that this means that the end time is adjusted.

Finish and finish procedures

Runners in the classes using an emitTag and brick, the time will be stopped when the runner crosses the finish line. There is no punching required at the finish line.

Runners with an emit brick must punch at the finish.

Friday and Saturday, there are two last controls and two lanes. Please follow the marking/signage at the start of the lane.

Sunday, everyone uses the same last control.

W21E, M21E1 and M21E2 also use this control for arena passage.

The lane is divided into three sections: finishing lane for elite classes and D/H 15-16, passage through the arena for W21E, M21E1 and M21E2, and finishing lane for other classes.

Please refer to the arena sketch and follow the marking/signage at the entry point.

The finish closes at:

Friday: 20:45

Saturday: 16:00

Sunday: 16:00

Refreshments for competitors

There is water at the arena every day.

There is water at the start on Saturday.

On long distances, the longest trails have marked water stations, both in the control description and on the course map. There is also a water station at the arena passage for W21E, M21E1 and M21E2.

Due to the warm weather, there will be additional refreshment in the courses. These are not marked on the map. The schedule underneath shows the distance to refreshments for the classes.

<u>Class</u>	<u>Water control after</u>		
M21E	3,6 km	6,4 km	10,7 km
M21E2	3,5 km	5,3 km	6,3 km 10,6 km
W21E	3,3 km	5,2 km	8,0 km
M19-20E	3,5 km	6,5 km	
W19-20E	2,4 km	4,0 km	
H17-18E	3,5 km	5,3 km	

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W17-18E	3,2 km
W15	2,0 km 3,0 km
M15	2,0 km
W16	2,0 km
M16	2,0 km 3,6 km
W35	2,3 km
M35	2,3 km 5,8 km
W40	2,4 km 3,9 km
W45	2,4 km 3,9 km
M40	2,3 km 5,5 km
M45	2,3 km 5,5 km
W50	2,0 km 2,9 km
W55	2,0 km 2,9 km
M50	2,5 km 4,0 km
M55	2,4 km
M60	2,0 km
M65	2,0 km
AM open	2,4 km
AL open	2,3 km 5,5 km

Clothing

There is no clothing regulation for the sprint event.

For middle and long, according to the rules of Norwegian Orienteering Federation (NOF), meaning that the body and legs should be fully covered.

In the sprint no types of spiked shoes are allowed for runners in courses starting at start 1. While runners starting at start 2 are allowed to run with spiked shoes.

Clothing Return

There will be clothing return from the starts. Clothing will be deposited near the information tent.

Presentation

Classes with queuing start:

N1-open, N2-open 9-16, C-open 10-16 og B-open 10-16: Presentation for everyone.

Other Open classes: Presentation to the winner.

Other classes:

>12 years: Presentation for everyone every day..

Other classes: According to NOF's guidelines

Child care and Small Troll

Småtroll:

Every race day, it is possible for the very youngest to run / walk the "Small Troll" trail. There will be

nice trips and prizes for everyone between kl. 17.00 – 19.30 (Friday) and kl. 10.00 - 14 (Saturday and Sunday).

The trails are marked with blue and white OBOS streamers.

Fee: 30 NOK. Paid by Vipps or at the information tent.

Child Care:

There is a child care centre in the immediate vicinity of the arena. Here there will be the opportunity for child care between:

Friday: 17.00 – 20.30

Saturday and Sunday: 10.00 - 15.00.

Beginners course for sponsors and guests

On Friday, there will be a course where guests, neighbours in Bøler, and sponsors will have the opportunity to try orienteering in an easy course. The start for the course is the same as for the children's course.

Team Competition for Kids

The team competition in the O-festival 2023 is arranged on Saturday 24th of June, and is for children 12 years or younger (born 2012 or later). Each team must consist of 2-5 participants, without any requirements for composition (boys or girls, experienced or beginners, pure club teams or mixed teams - everything is allowed). Parents can provide shadowing, but we encourage children to do as much as possible on their own. The team competition starts after all the children are in the finish from their regular course, so it is possible to participate in the regular O-festivalen course and the Team competition.

There will be a joint start at the arena at about 14.00. The teams will run with a bib, and we hope that many will join in and cheer the children on!

The team that gets the most points win, but the most important thing is to have fun together! All participants receive a prize right after the finish line.

Registration deadline is June 23 at 23.59. All teams need only one Emit brick. The registration fee is NOK 250 per team.

Kiosk and arena shops

A kiosk with cakes, waffles, sandwiches, and fruit in addition to hot and cold drinks, will be open all days.

O-Sport.no sells sports equipment at the arena every day.

Toilets

Toilets will be available at the arena as well as at the Start on Saturday.

Showers and changing rooms

There are no showers or changing rooms in the arena. Therefore the wet cloth method or a swim at Ulsrudvann or Nøklevann. However both lakes are in the competition area on Friday, so a refreshing

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swim will have to wait until after you have finished your race. Nøkle vann is a 5km walk from the arena on Saturday and Sunday.

First Aid

There is a first aid tent with a doctor and health personnel at the arena every day. The first aid tent is equipped with defibrillators.

Photography

There will be photographers present at the event and the photos may be published. If you do not want to be photographed please let us know via Email: o-festivalen@oppsalorientering.no

Complaints

Explanation for disqualification will be given in the finishing area. Complaints are submitted to the Event Office and processed by the event jury.

Organisers, advisors and jury

Organisers: Lars Klyve, Bo Emilsson, Marie Hammer Iversen, Morten Kristoffersen, Arild Andersen, Anette Wigaard and Morten Mosland

Course setters:

Sprint – Ludvig Rødnes

Middle – Kristoffer Fiane Pedersen

Long – Ola Marius Pedersen

Controllers:

Sprintdistanse - Jan Arild Johnsen

Mellomdistanse - Sören Jonsson

Langdistanse – Tilda Johansson

Jury for elite classes:

Pål Kittilsen, Freidig

Harald Bakke, Fossum

Unni Strand Karlsen, Fredrikstad

Jury for other classes:

Friday:

Kjersti Hov, Fossum IF

Terje Linløkken, Østmarka OK

Grete Berntsen, Måren OK

Saturday:

Berit Danielsen, Tyrving IL

Rune Scheele, Nydalen SK

Grete Berntsen, Måren OKJ

Sunday:

Katrine Bakke, Fossum IF
Terje Linløkken, Østmarka OK
Ivar Maalen, Ås-NMBU Orientering

Fair play

It is not allowed to share and information about maps, trails and terrain with participants who have not completed their race. All runners keep their map at the finish line.

Participants who have not started their race should not attempt to get information from other participants or from results/online tracking.

**We wish all a warm welcome to three great days in
Østmarka!**

