



Welcome to



with WRE and Norwegian Cup for D 21 and H 21

Halden city centre 12 April 2024

Tistedalen Ski Stadium, 13 and 14 April 2024



Invitation

Welcome to Halden O-Meeting 12 – 14 April 2024

Halden SK welcomes all o-runners and spectators to Halden O-Meeting, with sprint races in Halden city centre Friday 12 April, and forest races from Tistedalen Ski Stadium at Lille Erte Saturday and Sunday 13 and 14 April.

Program

Day	First start	Event
Friday April 12	16:30	Halden O-Meeting: Sprint for D 21 WRE and H 21 WRE, Norwegian Cup and World Cup selection race
	Approx. 18:30	Halden O-Meeting: Spectator race sprint on the WRE courses
Saturday April 13	11.00	Halden O-Meeting: Youth relay D 13-16 and H 13-16
	11.10	Halden O-Meeting: Team competition up to 12 years
	11:30 WRE 12:00 Other classes	Halden O-Meeting: Middle distance from 17 years, D 21 WRE and H 21 WRE with Norwegian Cup
Sunday April 14	10.00	Halden O-Meeting: Long distance all classes, D 21 WRE and H 21 WRE with Norwegian Cup

Friday's sprint races for D 21 WRE and H 21 WRE will be held in the city centre of Halden. Everyone interested is offered to test the WRE/Norwegian Cup courses in an open spectator race after the finish of the WRE race.

On Saturday, we will offer varied and technical middle distance courses for everyone aged 17 years and older, on the extended map from the 2023 Norwegian Night Championships. For children up to 12 years there will be a team competition, and for the youth from 13 to 16 years there will be a youth relay with classes D 13-16 and H 13-16.

Sunday is the day for long distance, with demanding and age-appropriate courses. The map is largely redrawn in 2023, with a lot of wilderness and rather untouched forest. The terrain is suitable for all ages and levels.

The distance to the start will be short both Saturday and Sunday, and a children's course and childcare are offered for the youngest.





Arrival and parking

Friday 12 April:

The sprint is held in the city centre of Halden. This means that the centre south of the river Tista is embargoed for all runners who want to participate in the WRE/Norwegian Cup race, and their coaches, leaders, etc. See details here: <https://halden-o-meeting.no/terrengsperringer/>

Parking will take place in public parking lots in and near Halden city centre, north of the river Tista, up to 1.5 km from the arena. More information about parking will be available in Bulletin2/PM approximately 1 week before the event.

On the day of the race, it will be possible to arrive at Halden city centre and the arena from Halden train station, if runners should arrive by train. The last possible arrival times are 14:49 by train from the north (Oslo/Sarpsborg) and 14:09 by train from the south (Gothenburg).

Access with a stroller or wheelchair is easy.

Saturday and Sunday 13 and 14 April:

The arena is at Tistedalen Ski Stadium and has coordinates 59.122, 11.482.

Directions: Follow road Fv 21 towards Aremark approx. 6 km east of Halden city centre. Access to the arena is marked from Fv 21.

Parking at the arena and along a gravel road, up to 2 km walk to the arena. Possibility of disembarking near the arena. Easily accessible with stroller, ok with wheelchair. The need for bus parking must be reported to the organizer by email well in advance, no later than Monday 7 April. See here for contact info: <https://halden-o-meeting.no/kontakt-oss/>

Classes and courses

Course lengths are preliminary. In case of large participation, classes can be split to hold the event within the given time frame. In case of low participation, classes within the same level of difficulty may be merged.

Friday 12 April:

Class	Length km	Map scale	Level	
D 21 WRE	3,5	1:4 000	A	WRE/Norwegian Cup
H 21 WRE	4,0	1:4 000	A	WRE/Norwegian Cup
Åpen 1	3,5	1:4 000	A	Spectator race, D 21 course
Åpen 2	4,0	1:4 000	A	Spectator race, H 21 course

Saturday 13 April:

Team competition up to 12 years:

For children and youth aged 7 to 12 years, we will organize a team competition with a mass start at 11:10. Each team consists of 3-5 runners. The competition is conducted as score





orientering, where teams have one hour to visit as many controls as possible. The difficulty of the controls is mostly at N and C levels. In the forest, there are both controls with special tasks and other fun things. Shadowing of the teams is allowed, and combined teams with runners from different clubs are welcome.

NB! Runners up to the age of 12 who do not wish to participate in the team competition can participate in the individual race in one of the open classes matching their age, see below. We do not facilitate participation in both team competition and individual race.

Youth relay 13-16 years:

Three-leg middle distance relay with classes for girls, D 13-16, and boys, H 13-16. The boys' class will be open to girls (mixed teams), and there will be an extra prize for the best mix team in H 13-16!

The second leg can be run by up to 3 runners at once. All runners on the second leg must enter with their own Emit punching card. Combined teams with runners from different clubs are welcome for the relay.

Leg	Length km	Level and forking	Number of runners	Map scale
1.	3,7	B-level – forked	1 runner per team	1:10 000
2.	2,8	C-level – not forked	Up to 3 runners per team	1:10 000
3.	3,7	B-level - forked	1 runner per team	1:10 000

NB! Runners between the ages of 13 and 16 who do not wish to participate in the relay can participate in the individual race in one of the open classes matching their age, see below. We do not facilitate participation in both relay and middle distance.

Course lengths and map scale middle distance

Class	Length km	Class	Length km	Map scale	Level
D 21 WRE	4,3	H 21 WRE	5,6	1:10 000	A
D 19-20E	3,4	H 19-20E	3,7	1:10 000	A
D 17-18E	3,3	H 17-18E	3,5	1:10 000	A
D 17-	3,6	H 17-	4,3	1:10 000	A
D 35-	3,6	H 35-	4,3	1:10 000	A
D 40-	3,6	H 40-	4,3	1:10 000	A
D 45-	3,6	H 45-	3,9	1:10 000	A
D 50-	3,3	H 50-	3,8	1:7 500	A
D 55-	3,2	H 55-	3,7	1:7 500	A
D 60-	3,2	H 60-	3,5	1:7 500	A
D 65-	2,5	H 65-	3,5	1:7 500	A
D 70-	2,5	H 70-	3,2	1:7 500	A
D 75-	1,8	H 75-	2,5	1:7 500	A
D 80-	1,8	H 80-	2,5	1:7 500	A
D 85-	1,8	H 85-	1,8	1:7 500	A





Class	Length km	Class	Length km	Map scale	Level
AL-åpen	5,2			1:10 000	A
AM-åpen	4,0			1:10 000	A
AK-åpen	3,1			1:7 500	A
B-åpen 10-16	3,0	B-åpen 17-	3,0	1:7 500	B
C-åpen 10-16	2,6	C-åpen 17-	2,6	1:7 500	C
N2-åpen 9-16	2,4	N2-åpen 17-	2,4	1:7 500	N2
N1-åpen	2,0			1:7 500	N1

Sunday, April 14:

Course lengths and map scale long distance:

Class	Length km	Class	Length km	Map scale	Level
D 21 WRE	11,6	H 21 WRE	14,9	1:15 000	A
D 19-20E	8,0	H 19-20E	10,8	1:15 000	A
D 17-18E	6,6	H 17-18E	8,1	1:15 000	A
D 9-10	2,3	H 9-10	2,3	1:7 500	N2
D 11-12	3,2	H 11-12	3,2	1:10 000	C
D 13-14	3,9	H 13-14	4,0	1:10 000	B
D 15-16	4,4	H 15-16	6,0	1:10 000	A
D 17-	5,5	H 17-	7,5	1:10 000	A
D 35-	5,5	H 35-	7,5	1:10 000	A
D 40-	5,5	H 40-	7,5	1:10 000	A
D 45-	5,5	H 45-	7,2	1:10 000	A
D 50-	5,0	H 50-	6,8	1:7 500	A
D 55-	4,6	H 55-	5,9	1:7 500	A
D 60-	4,6	H 60-	5,2	1:7 500	A
D 65-	3,5	H 65-	5,2	1:7 500	A
D 70-	3,5	H 70-	4,5	1:7 500	A
D 75-	2,8	H 75-	3,5	1:7 500	A
D 80-	2,8	H 80-	3,5	1:7 500	A
D 85-	2,8	H 85-	2,8	1:7 500	A
AL-åpen	7,2			1:10 000	A
AM-åpen	4,5			1:10 000	A
AK-åpen	3,3			1:7 500	A
B-åpen 10-16	3,8	B-åpen 17-	3,6	1:7 500	B
C-åpen 10-16	3,2	C-åpen 17-	3,2	1:7 500	C
N2-åpen 9-16	2,3	N2-åpen 17-	2,3	1:7 500	N2
N1-åpen	2,1			1:7 500	N1



Explanation of the level of difficulty for courses

N-courses have one obvious route along continuous line features such as roads, paths, streams, and fences. All controls can be viewed from the line features. Suitable for anyone who is new to orienteering or has some experience from e.g. "Stolpejakten".

C courses mostly follow line features, but in some places, runners are expected to leave the line features. There may be options for route choices.

B-courses require short fine orienteering towards the control and an understanding of contour lines.

A-courses are the most demanding and all orienteering techniques should be mastered.

Punching system

Friday

Touch free punching. EmiTag is used as the timekeeping and punching system for everyone. EmiTag can be rented and is automatically assigned if no EmiTag is entered at registration.

Saturday and Sunday

For D 21 WRE and H 21 WRE, as well as the junior classes D/H 17-18E and 19-20E: EmiTag is used for timekeeping and Emit card for punching control. EmiTag can be rented and is automatically assigned if no EmiTag is entered at registration.

All other classes, including team competition and youth relay: Emit card is used for timekeeping and punching control.

GPS tracking and use of personal GPS

In some classes, the organizer may use live GPS tracking. If live GPS tracking is used in the WRE/Norway Cup classes, the use of GPS tracker provided by the organizer will be mandatory for the runners selected. If live GPS tracking is used in other classes, its use is voluntary. Bring your own GPS vest. Further information will be provided in Bulletin 2/PM.

Personal GPS devices may be carried in Halden O-Meeting, provided that they are not used for communication or navigation.

Map/terrain

Friday

Map: Halden city centre. The map was drawn in 2020 by Matthieu Puech and last revised in winter 2024. Scale 1:4,000 and 2.5m equidistance. Maps will be printed on an IOF/NOF approved printer.

Terrain: Streets, houses, park, and fortress areas, partly hilly. Running surfaces are mainly asphalt, cobblestones and grass. Other surfaces may occur. Shoes with metal dubs or spikes are not allowed. Embargoed area: See <https://halden-o-meeting.no/terrengsperringer/>





Saturday and Sunday

Map: Ertemarka Nord. The map has been surveyed and drawn in 2022 and 2023 by Morten Dalby. Scale 1:15,000 / 1:10,000 / 1:7,500 and 5m equidistance. Maps in 1:15,000 will be offset printed. Other maps will be printed on an IOF/NOF approved printer.

Terrain: Medium hilly forest terrain. Mostly spruce and pine forest. Easily runnable areas with bare rocks and open pine forest, but also areas with some undergrowth. Some marshes and slopes with spruce forests of varying ages. In large parts of the terrain, logging has not been carried out for many years. The area is a well-used recreation terrain and there is a light track and some hiking paths in the terrain. Race surfaces include forest, paths, and some gravel roads. Embargoed area: See <https://halden-o-meeting.no/terrengsperringer/>

General information

Distance to start

Friday: Max 2 km

Saturday and Sunday: Max 1 km. Start for the youth relay at the arena.

Free start: All open classes have free start Friday from approx. 18:30-19:30, Saturday from 12:00 and Sunday from 10:00 until the last regular start. N1-åpen can start 1 hour before the first regular start on Saturday and Sunday and until the last regular start. Further information will be provided in Bulletin 2/PM.

Liquid mail: The longer courses have a refreshment control on Sunday.

Shower: No showers.

Toilets: There will be toilets at the arena (Saturday and Sunday) and near the arena (Friday).

Internet access: Information about possible internet access will be given in Bulletin 2/PM.

Prizes: According to NOF's rules.

Childcare: Saturday and Sunday, at the arena. Free, open to children aged min. 2 years.

Children's course: Saturday and Sunday, close to the arena, fee 30 kr.

Sales: O-sport provides a sales tent every day. On Saturday and Sunday there will be a well-assorted kiosk with food, soft drinks, warm drinks, and a barbecue. No kiosk sales Friday, use nearby shops and restaurants.

Entry deadlines and fees

Entry in Norwegian Eventor:

Friday:

WRE: <https://eventor.orientering.no/Events/Show/18869>

Spectator race: <https://eventor.orientering.no/Events/Show/19359>

Saturday:

Middle distance: <https://eventor.orientering.no/Events/Show/18522>





Youth relay: <https://eventor.orientering.no/Events/Show/18521>

Team competition: <https://eventor.orientering.no/Events/Show/19408>

Sunday: <https://eventor.orientering.no/Events/Show/18523>

Entry deadline: Sunday, April 7, 2024, at 23:59.

Late entry: Possible in Norwegian Eventor until Wednesday 10 April at 23.59.

After this, use open classes with entry on the day at the arena. For regular competition classes (except WRE classes), it is possible to enter at the arena if there are maps available.

Entry on the day: Possible at the arena every day in all open classes. Free start time.

Payment: Norwegian clubs are billed via Eventor after the races. International clubs/organizations and individuals must pay upon registration in Eventor.

Changes: For participants from Norwegian clubs, cancellation, and changes in Emit card or EmiTag number, club or class can be made for free in Eventor until the entry deadline expires. After this, changes will be invoiced as late entries.

For international clubs/organizations and individuals, the organizer must be contacted for cancellations before the entry deadline expires.

Lineup youth relay: To be delivered electronically no later than Friday, April 12 by 21:00 via Eventor. Changes to the lineup are accepted at the arena up to 1 hour before the first start.

Registration fees:

Classes	Ordinary registration until April 7, 2024	Late registration Add-on from April 8, 2024
WRE/Norwegian Cup		
D 21 WRE and H 21 WRE	300 kr	+50 %
Youth Relay		
Per team, 3-5 runners born 2008-2011	420 kr	+50 %
Team competition		
Per team, 3-5 runners born 2012 and later	300 kr	0
Individual races Saturday and Sunday		
Up to 12 years (born 2012 and later)	140 kr	0
13-16 years (born 2008-2011)	140 kr	+50 % (not open classes)
From the age of 17 (born 2007 and earlier)	280 kr	+50 % (not open classes)
Spectator race sprint Friday		
Up to 16 years (born 2008 and later)	80 kr	0
From the age of 17 (born 2007 and earlier)	150 kr	0





EmiTag and Emit card rental:

Foreign runners are guaranteed a rented Emit card from the organizer when they sign up before the regular entry deadline. For late-entered foreign runners, we unfortunately cannot guarantee a rented Emit card. Participants for Norwegian clubs cannot rent Emit cards from the organizer.

EmiTag for sprints on Friday and WRE as well as junior elite classes on Saturday and Sunday can be rented by anyone who signs up before the regular entry deadline. This also applies to the public race with open classes on Friday. Unfortunately, we cannot guarantee a rented EmiTag for late-entered runners. Also, runners in open classes on Friday must sign up by the regular entry deadline to be guaranteed a rented EmiTag.

Rental price:

50 kr for EmiTag per race.

50 kr for Emit card per race (international participants only)

Training

Further information can be found on Halden SK's website. <http://www.haldensk.no/>

Accommodation

There are several accommodation options in the area. See e.g.

<https://www.visitoestfold.com/no/overnatting/> or check our homepage <https://halden-o-meeting.no/overnatting/>

Event directors

Event director: Hanne Lerche Raadal, tel. 48066654, e-mail hom@haldensk.no

Ass. Event director: Frauke Schmitt Gran, tel. 48193178

Course setters

Friday 12.4: Emil Wingstedt

Saturday 13.4: Bodil and Øyvind Helgerud

Sunday 14.4: Olav Lundanes

Event advisers

IOF Event adviser for WRE 12.4.: Unni Strand Karlsen, Norway

IOF Event adviser for WRE 13. and 14.4.: Lacho Iliev, Bulgaria

NOF's event adviser for WRE/Norwegian Cup, all days: Jan Arild Johnsen.

NOF's course setting adviser sprint: Anders Nordberg

Event adviser from Østfold O-krets for all classes 13. and 14.4.: Kjell Lunde, Varteig OL

