



# PM - Bulletin 2

## Welcome to Halden O-Meeting at Lille Erte Saturday 13 and Sunday 14 of April 2024

Halden SK welcomes all o-runners and spectators to Halden O-Meeting and the forest races from Tistedalen Ski Stadium at Lille Erte Saturday and Sunday 13 and 14 April. Lille Erte is Halden's source of drinking water, please respect this.

### Program

Day	First start	Event
Saturday April 13	11:00	Youth relay D13-16 and H 13-16
	11:10	Team competition, activity for children up to 12 years
	11:30 WRE 12:30 Other classes	Middle distance D 21 WRE and H 21 WRE with Norwegian Cup
Sunday April 14	9:30 WRE	Long distance all classes,
	10:00 Other classes	D 21 WRE and H 21 WRE with Norwegian Cup

### Embargoed terrain

The terrain in Ertemarka is embargoed for all runners who wish to participate in the WRE/Norwegian Cup race and their coaches, leaders, etc. See details here, updated 18.3.2024: <https://halden-o-meeting.no/terrengsperringer/>. The embargo will remain in effect until Sunday's WRE competition is decided, i.e. before and after your own race.

Parking in embargoed terrain is permitted according to the organizer's instructions.

### Arrival and parking

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, on a field and along gravel road, up to 2 km to walk to arena. Easily accessible with stroller, ok with wheelchair. We try to park as many cars as possible close to the arena. Help us and follow the instructions of the parking staff. **Carpooling is strongly encouraged, fill the car with runners!**

Parking fee of NOK 50 per car and day must be paid to Vipps #913551, or with Vipps or card at the kiosk at the arena.





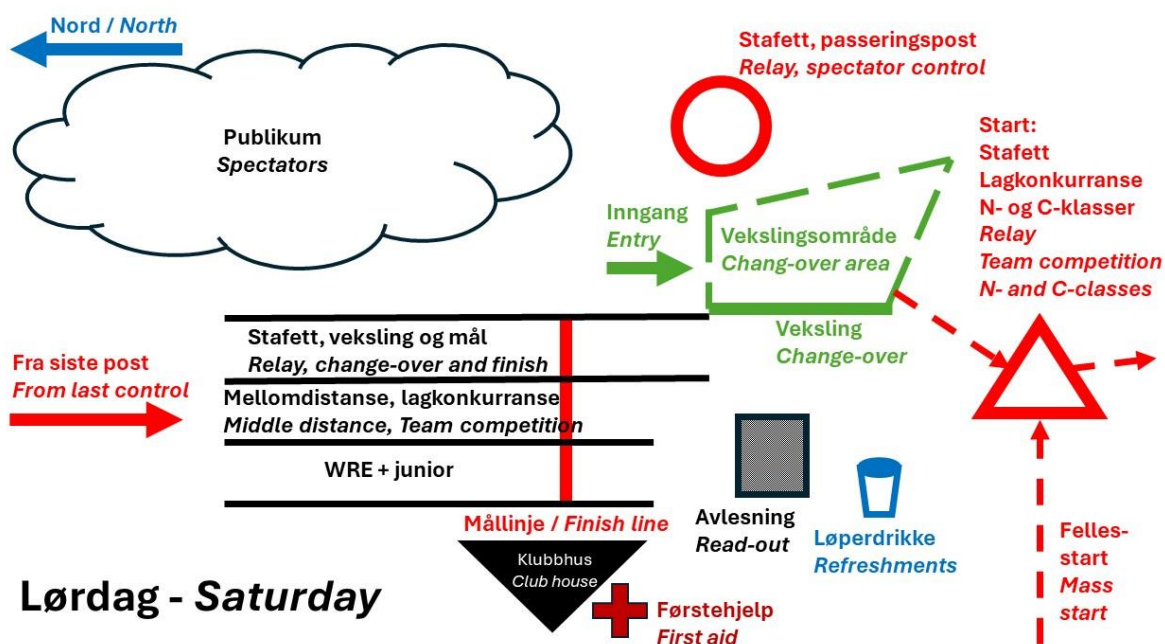
The need for bus parking shall be reported to the organizer by email well in advance, no later than Monday 8 April. See here for contact info: <https://halden-o-meeting.no/kontakt-oss/>

## Arena

Arena is at Tistedalen Ski Stadium and has coordinates [59.122, 11.482](#).



Detail sketch run-in, changeover, and finish for **Saturday**:





## Classes and courses

### Saturday 13 April:

#### Team competition up to 12 years:

For children aged 7 to 12 years, we organize a team competition with a mass start at 11:10. Each team consists of 3-5 runners. The team competition is conducted as score orienteering, where teams have one hour to visit as many controls as possible. The difficulty of the controls is 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. Teams of 7-8-year-olds should be followed by an adult.

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.

#### 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 simultaneously. 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.	3,5	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.	3,5	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.

#### Course lengths and map scale middle distance:

WRE classes:

Class	Length Km	Climb m	No of controls	Winning time min	Map scale	Level
D 21 WRE	4,3	210	18	33	1:10 000	A
H 21 WRE 1	5,5	225	21	33	1:10 000	A
H 21 WRE 2	5,4	220	21	35	1:10 000	A

Other classes:

Class	Length km	Class	Length km	Map scale	Level
D 19-20E	3,3	H 19-20E	3,7	1:10 000	A
D 17-18E	3,2	H 17-18E	3,5	1:10 000	A





Class	Length km	Class	Length km	Map scale	Level
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-	3,8	1:10 000	A
D 50-	3,2	H 50-	3,8	1:7 500	A
D 55-	3,1	H 55-	3,6	1:7 500	A
D 60-	3,1	H 60-	3,4	1:7 500	A
D 65-	2,5	H 65-	3,4	1:7 500	A
D 70-	2,5	H 70-	3,1	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
<b>Entry on the day courses:</b>					
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-	3,0	1:7 500	B
C-åpen 10-16	3,2	C-åpen 17-	2,6	1:7 500	C
N2-åpen 9-16	2,3	N2-åpen 17-	2,4	1:7 500	N2
N1-åpen	2,1			1:7 500	N1

### Refreshment points:

On Saturday, there are no refreshment points in the terrain.

### Prohibited areas and markings:

It is forbidden to run along the regional road in the northern part of the terrain. The road is marked as forbidden to run on (crossed out) on the competition map.

The stretch between two paths is marked with hanging, coloured plastic tape. This is marked with a violet dashed line on the map for relevant classes: C-åpen and 2. leg of the youth relay. Runners can, but don't have to, follow this marking.

There is a smaller area in the terrain that is cordoned off for use in the team competition. The area is marked in the terrain and marked as a prohibited area on the competition maps for other classes.

### **Sunday, April 14:**

#### Course lengths and map scale long distance:

WRE classes:

Class	Length Km	Climb m	No of controls	Winning time min	Map scale	Level
D 21 WRE	11,9	340	18	90	1:15 000	A
H 21 WRE	14,9	445	21	90	1:15 000	A





Other classes:

Class	Length km	Class	Length km	Map scale	Level
D 19-20E	8,0	H 19-20E	11,1	1:15 000	A
D 17-18E	6,9	H 17-18E	8,0	1:15 000	A
D 9-10	2,3	H 9-10	2,3	1:7 500	N2
D 11-12	3,3	H 11-12	3,3	1:10 000	C
D 13-14	4,2	H 13-14	4,2	1:10 000	B
D 15-16	4,7	H 15-16	6,1	1:10 000	A
D 17-	5,7	H 17-	7,6	1:10 000	A
D 35-	5,7	H 35-	7,6	1:10 000	A
D 40-	5,7	H 40-	7,6	1:10 000	A
D 45-	5,7	H 45-	7,3	1:10 000	A
D 50-	5,0	H 50-	6,9	1:7 500	A
D 55-	4,6	H 55-	6,2	1:7 500	A
D 60-	4,6	H 60-	5,3	1:7 500	A
D 65-	3,5	H 65-	5,3	1:7 500	A
D 70-	3,5	H 70-	4,6	1:7 500	A
D 75-	3,0	H 75-	3,5	1:7 500	A
D 80-	3,0	H 80-	3,5	1:7 500	A
D 85-	3,0	H 85-	3,0	1:7 500	A
<b>Entry on the day courses:</b>					
AL Open	7,3			1:10 000	A
AM Open	4,5			1:10 000	A
AK Open	3,5			1:7 500	A
B-Open 10-16	4,1	B-Open 17-	4,1	1:7 500	B
C-Open 10-16	3,5	C-Open 17-	3,5	1:7 500	C
N2 Open 9-16	2,3	N2 Open 17-	2,3	1:7 500	N2
N1 open	2,2			1:7 500	N1

Refreshment points:

On Sunday, there are several refreshment points in the terrain, which courses over 6.5 km meet on natural route choices. WRE and junior classes have 3 refreshment points in the forest + 1 at the arena passage, except D17-18E which has 1 refreshment point in the forest + 1 at the arena passage. The refreshment points are partially staffed, and water is provided. At the arena passage, it is possible to put out your own drink. Gel packs and the like should be thrown away AT the refreshment points or taken home, do not litter the forest!

Prohibited areas and markings:

There are some prohibited areas in the terrain. When the prohibited area is surrounded by a solid line on the competition map, the area is marked with red-and-white tape in the terrain. Respect prohibited areas and show respect for nature, your competitors, and the organizer!





Classes D19-20E, H17-18E, H55 and AL-åpen may encounter a red-and-white tape set up in connection with hunting. This tape is fully legal to cross and there are no prohibited areas nearby that could be confused with this tape.

There are marked crossing points (symbol 710) over some streams in the terrain. These are just **recommendations** as to where it is good to cross the streams, it is not mandatory to use these crossing points.

#### 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.

## Maps and terrain

Map: Ertemarka Nord. The map has been newly surveyed and drawn 2022-2024 by Morten Dalby, according to ISOM2017-2. 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, which varies from flat areas to areas that are relatively hilly to be Østfold. Mostly spruce and pine forests. 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.

## Punching and timekeeping

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.

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

**Remember to check that you are listed with the correct EmiTag/Emit card in the start list.**

## Test punching

Remember to check that the EmiTag/Emit card works before starting! A test punching unit is set up at the arena next to the Info tent (see arena sketch). If the EmiTag/Emit card is dead, it is possible to buy a new one in the sport sales tent.





## Entry lists WRE

Lists of all entered participants in the WRE classes can be found in Eventor.

Middle distance Saturday:

<https://eventor.orientering.no/Events/Entries?eventId=18522&groupBy=EventClass>

Long distance Sunday:

<https://eventor.orientering.no/Events/Entries?eventId=18523&groupBy=EventClass>

## Late entries

### WRE classes:

Possible in Eventor until Wednesday 10 April at 23.59, for a surcharge. After that, it is **not** possible to enroll in WRE classes. Late entered runners will start first.

### Regular classes and youth relay:

Possible in Eventor until Wednesday 10 April at 23.59, for a surcharge. After that, in the Info tent at the arena on the day of the competition, for a surcharge, if there are maps and free start times.

### Open classes and team competition:

Possible in Eventor until Wednesday 10 April at 23.59. After that, in the Info tent on race day.

### For all classes applies:

Participants from international clubs/organizations and individuals must pay upon registration. Norwegian clubs are billed via Eventor after the races.

### EmiTag/Emit card rental for late entries:

Participants for Norwegian clubs cannot rent Emit cards from the organizer. Late-entered foreign runners can rent Emit cards as long as such are available. Late-entered runners in WRE and junior classes can rent EmiTags as long as such are available.

## Maps for children up to 12 years and open classes

Maps for the team competition, all regular classes up to 12 years and open classes N1-åpen, N2-åpen 9-16, N2-åpen 17-, C-åpen 10-16 and C-åpen 17 are available in the Info-tent. Maps for shadowing in classes N1-åpen, N2-åpen, C-åpen 10-16 and D/H 9-10 are available and printed on plain paper. Make sure you only fetch as many maps as you need, and not too many.

Maps for open classes at B and A level are at the start.

Runners in WRE classes are not allowed to shadow other participants. Runners in all other classes have, according to NOF's rule 12.2.2 the opportunity to shadow participants in N-classes, C-classes and D/H 9-10, as well as the team competition, also before their own race.





## Start lists

Start lists for WRE and junior classes will be published no later than Tuesday 9/4 in Eventor with information about the start number, Emit card and EmiTag. Start interval for WRE and junior classes is 2 min both days.

Other start lists will be published no later than Tuesday 9/4 in Eventor.

## Classes with free start

All open classes have free start between 12:30 and 14:30 on Saturday and 10:00 and 12:00 on Sunday. Open classes at N and C levels can start from 11:30 on Saturday and 9:00 on Sunday.

## Start numbers

Self-service for start numbers at the start for runners in WRE classes and junior classes.

Start numbers for the youth relay and team competition must be picked up in the Info tent.

The start number shall be worn clearly visible on the chest/abdomen and secured with safety pins. **Remember to bring your own safety pins.**

Other classes do not have a start number.

## Picking up rented EmiTags and Emit cards

Rented EmiTags and Emit cards for everyone who has been assigned them can be picked up in the Info tent at the arena.

Participants from international clubs/organizations and individuals must pay for the rental of the EmiTag/Emit card upon pick up. Rental fee is NOK 50 per item. Payment is made by card or Vipps, not cash.

Unreturned EmiTag will be invoiced with NOK 1000. Unreturned Emit card will be invoiced with NOK 700.

## Back-up tags

Back-up tags are available for self-service at the Info tent and at the start.

## GPS tracking and use of personal GPS

In the WRE classes, selected runners will be required to run with GPS. GPS will also be used for selected runners in the junior classes and for selected teams on the final leg of the youth relay.

GPS lists for all classes will be published in Eventor during the evening of 11 April and displayed in the Info tent at the arena. The GPS tracking will be used by the speaker and will be opened to everyone after the last start in the WRE classes.







GPS units are handed out at the Info tent and handed in right after the finish. **Remember to bring your own GPS vest if you have.**

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

## Running clothes

The running clothes must cover the whole body except head, neck, and arms.

## Start Saturday

### Youth relay, team competition and N and C classes:

Start at the arena (see arena sketch).

### Other classes, including WRE and junior classes:

About 10 min walking distance from arena to start on a forest road. Follow red/white tape. Distance from time start to start control is 70 m.

The terrain on both sides of the road to the start is part of the competition area and thus embargoed for participants who have not started. Warm-up can take place on the road between the arena and the start, as well as in the parking lot.

There are no toilets at the start.

## Start Sunday

About 10 min walking distance from arena to start on a forest road. Follow red/white tape. Distance from time start to start control is 140 m.

For WRE and junior classes there are warm-up maps with controls, self-service in the Info tent. The quality of the print does not correspond to the competition maps. The warm-up maps are only for WRE and junior classes, but all runners are allowed use the area for warm-up. The rest of the terrain on both sides of the road to the start is part of the competition area and thus embargoed for participants who have not started. Warm-up can also take place on the road between the arena and the start, as well as in the parking lot.

There are no toilets at the start.

## Starting procedure

Same starting procedure for all individual classes both Saturday and Sunday:

3 minutes before start – go forward, check Emit card number

2 minutes before start – take separate control description

1 minute before start – go to the map box

## Too late for the start

For the WRE classes, the IOF rules for participants who are late for the start are applied, § 22.9. and § 22.10: *Competitors who are late for their start time must be permitted to start.*





*Their new start time must be recorded. In an interval start, if the competitor is at the start line less than half the start interval after their start time, they must start immediately. If the competitor is at the start line more than half the start interval after their start time, they must start at the next available half start interval. Competitors who are late for their start time through their own fault must be timed as if they had started at their original start time. Competitors who are late for their start time through the fault of the organiser must be timed from their new start time.*

For all other classes with interval start, NOF's rule 22.6.6 applies: *If a competitor is late for the start through the fault of the organiser, he or she shall be given a new start time. A competitor who, through their own fault, is late for the start, shall be allowed to start as soon as possible without receiving a new start time. The start time is determined by the organizer, who shall consider the possible influence on other participants.*

## Transport of clothes

No transport of clothes from start to finish.

## Control descriptions

### **Youth relay and team competition:**

The control description is printed on the map.

### **Individual classes:**

The control description is printed on the map. Separate control descriptions are handed out 2 min before starting. Size:

Saturday: D 21 WRE: 14.5 x 5 cm. H 21 WRE 1 and H 21 WRE 2: 16.5 x 5 cm.

Sunday: D 21 WRE: 15.5 x 5 cm. H 21 WRE: 17.5 x 5 cm.

## Maximum time

The maximum time Saturday is 90 min, Sunday 180 min for WRE and 150 min for other classes.

## Arena passages

The youth relay will have a spectator control at the arena on Saturday. There is no marked route in to and out of this control.

The WRE and junior classes will pass the arena on Sunday. After punching the control, the taped corridor must be followed to the new starting point, which is marked with a control flag in the terrain and a start triangle on the map.

## Last control

Saturday: Same last control for everyone

Sunday: Two last controls, one for WRE and junior classes and one for other classes.





## Finish

At the arena.

For WRE and junior classes: Separate run-in, marked approx. 50 m before the finish. Competitors are responsible for choosing the right run-in. The finish time is taken when passing the finish line.

For other classes: Separate run-in, marked approx. 50 m before the finish. The runners themselves are responsible for choosing the right inlet. The finish time is taken by punching on the finish control.

For Saturday there is also a separate run-in for the relay, while the team competition uses the same run-in as the middle distance for other classes (see detail sketch run-in, changeover and finish for Saturday).

## Refreshments

Refreshments will be handed out after the finish. On Sunday, there are several refreshment points in the terrain, but there are no refreshment points on Saturday.

## Result service

Result lists are published in Eventor after the races. The courses will be published in LiveloX. The results can also be followed live, see links in Eventor.

## Prizes and awards ceremony

Prizes for everyone in the team competition and classes up to and including 12 years and open N-, C- and B- classes up to 16 years. In classes 13-16 years and in the youth relay, 1/3 of the number of starters are awarded. In classes H/D 17-18 E, 19-20 E and 21 E WRE, 1/8 of the number of starters are awarded. In other classes, there is a prize for the winner only. No prizes in open classes.

Awards ceremony at the arena as soon as the classes are decided. In classes where everyone gets a prize, this can be picked up directly after the finish.

## Youth relay Saturday

**Lineups** must be entered in Eventor no later than 21:00 on Friday, April 12. Change of lineups can be done on a separate form in the Info tent until 10:00 on the day of competition.

**Start numbers** for the relay are handed out in the Info tent. All relay runners must wear a start number, including all "extra runners". Remember to bring your own safety pins.

**The start of the relay** takes place on the gravel road southwest of the arena, see arena sketch. Maps for the first leg will be handed out at the start. Remember to clear the Emit card.





### **Change-over, map distribution and finish:**

Runners on the 2nd and 3rd legs get their maps rolled up, in the changeover area, before the changeover. Maps can be rolled up and viewed after changeover.

Changeover takes place by touch. For the 2nd leg with multiple runners, the first runner at the finish counts. When changing over between the 2nd and 3rd leg, the first runner at the finish changes over to the next runner. NB: This means that the team will count as mispunched, if the first runner who finishes on the 2nd leg has mispunched.

There is a separate run-in for the relay (see detail sketch run-in, changeover and finish Saturday), which is marked with signs approx. 50 m before the finish. The competitors are responsible for choosing the right run-in.

All legs of the relay have a spectator control at the arena.

**Runners without teams/teams missing runners** can register in Eventor, <https://eventor.orientering.no/Activities/Show/5631>, to form combined teams more easily.

## **Team competition for children 7-12 years Saturday**

**Lineups** must be entered on a scheme linked in Eventor (see <https://eventor.orientering.no/Events/Show/19408>) no later than 21:00 Friday, April 12. Change of lineups can be done on a separate form in the Info tent until 10:00 on the day of competition.

**Emit card:** The teams will run with one Emit card per team.

**Start numbers** for the team competition are handed out in the Info tent. All runners must wear a start number. Remember to bring your own safety pins.

**Maps** for the team competition will be handed out in the Info-tent. Remember maps for shadowing!

**Detailed info** for the team competition is printed on the back of the map and should be read thoroughly before starting.

**The start of the team competition** takes place on the gravel road in the southwest of the arena, see arena sketch. Remember to bring the map and remember to clear the Emit card.

**The finish for** the team competition is the same as for the middle distance (see detail sketch run-in, changeover and finish Saturday).

## **Toilets**

Toilets at the arena, one toilet in the clubhouse (forbidden with shoes with metal studs). NB! There is no toilet at the start.

## **Shower**

No shower. Use the "wet cloth method." The locker rooms in the clubhouse are closed.





## First aid

Førstehjelp Søk og Redning Halden has a medical service at the arena (inside the clubhouse).

## Childcare

In the arena, see arena sketch. Free, open to children over 2 years both days. There is no food available, bring something to drink and a packed lunch.

## Childrens course

At the arena both days, see arena sketch. Fee NOK 30 with Vipps.

## Club tents

Club tents can be set up in designated places in the arena.

## Sales

**O-Equipment:** O-Sport will have a large sales tent at the arena.

**Kiosk:** Sale of food, soft drinks, warm drinks, and a barbecue at the arena, including gluten-free cakes and waffles. Payment only with Vipps or card.

## Fair play

Each competitor is personally responsible for NOT sharing any information about the competition, maps, courses, or route choices, during the race or after the finish, with competitors who have not started yet.

Spectators shall follow fair play, too, and not hinder competitors, or share information about the competition, maps, courses, or route choices that they may learn about, with competitors who have not started yet.

## Complaint and protest

**For the WRE classes, the following applies:**

Complaints according to IOF rule 27 must be submitted in writing in the Info tent, no later than 20 minutes after the last finish in the class. Complaints are processed and decided by the organizer.

A protest according to IOF Rule 28 may be made against the organiser's decision about a complaint. Protests must be submitted in writing by the person who submitted the complaint, in the Info tent or directly to the organizer. The deadline for filing a protest is no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. Protests are considered and decided by the jury.

**For other classes, NOF's rules apply.**





## Jury

Tomas Eidsmo, Freidig  
Geir Bråten, Vegårshei IL  
Marit Kahrs, Fredrikstad SK

## Training

We offer several trainings in Halden and the surrounding area. Further information can be found on the race's website, <https://halden-o-meeting.no/2024/03/18/tren-i-relevant-terreng/>. Training maps can be ordered here: <https://haldensk.omaps.io/>. NB! Training has been opened in parts of previously embargoed terrain, see here: <https://omaps.io/maps/35493625>.

## Questions

If you have any questions, send an email to [hom@haldensk.no](mailto:hom@haldensk.no). On the day of competition, you can contact the Info tent.

## Competition management

Competition leader: Hanne Lerche Raadal, tel. +47 480 66 654

Ass. competition leader: Frauke Schmitt Gran

Course setters Saturday: Bodil and Øyvind Helgerud

Course setter Sunday: Olav Lundanes

Arena: Gudmund Jensen

Finish and results: Eirik Nordbrøden

Info tent: Anja Wingstedt

Technical delegate from Østfold O-krets: Kjell Lunde, Varteig OL

NOF technical delegate: Jan Arild Johnsen

IOF Event Adviser: Lacho Iliev

