



## Event Info

# Norwegian Spring TrailO 26th og 27th of April 2014

*Information about the youth competition on Saturday is given in a separate document in Norwegian only*

<b>Venue</b>	Signposted from the junction of roads RV118/FV925 Viksletta og north on «Nygårdsgata» FV925. It is not allowed to drive south on Nygårdsgata from Rokkeveien and the junction FV599/FV925. Nygårdsgata will be one-way only during the weekend. Arena on Mo Gård, Rokke in Halden.
<b>Competition</b>	Two-day overall competition in the classes Elite and A, regular competitions in the other classes.
<b>Classes</b>	Elite, A , B, A-16, B-16, N-open, Direct A, Direct B (N).
<b>On day (direct) entry</b>	Direct entry course A and B (N) without timed controls and maximum time between 10.00 and 15.00 day 1, and 10.30 and 14.00 day 2, 30 NOK per starter. Entries are made in the tent marked "PRE-O" at the arena.
<b>Map</b>	New TrailO map drawn by Morten Dalby autumn 2013. Minor adjustments by Martin Jullum sprint 2014. Scale 1:5000, contours. 2,5m, ISOM. A few distinct boulders and knolls below 1 meter are also mapped.
<b>Terrain/route</b>	Spurce and pine forest with varying site quality and visibility. The routes consist of paved roads, unpaved roads and larger paths and are mostly quite flat with exception of a few steeper sections.
<b>Course lengths</b>	Day 1: Elite,A, A-16,Direct A: 900m, B, B-16, Direct B,N-open: 1100m. Day 2: All classes 1100m.
<b>Time limits</b>	Day 1: Elite, A, A-16: 87 min, B, N-open: 93 min. Day 2: Elite, A, A-16: 93 min, B,B-16, N-open: 88 min. No maximum time in direct classes (on-day entry).
<b>Start:</b>	Day 1: First start kl. 10, queuing start according to approximate starting list. Precise starting time is given after the timed controls. Start in direct classes between kl. 10.00 and 15.00. 600m to the start in all classes. There is a model control with 3 tasks just before the start. Day 2: First start at kl. 11 in all classes. Start i direct classes between kl. 10.30 og 14.00 1000m to the start in all classes. Marked route to the start with tapes both days.
<b>Timed controls</b>	Day 1: 50m before start in all classes. 3 tasks on 6 flags (A-F) i Elite. 2 tasks on 6 flags (A-F) i A and A-16. 1 task on 3 flags (A-C) i B, B-16 and N-open. <b>NOTE: Scale 1:2500 on the timed control maps in all classes. The symbol size is doubled compared to teh original map in scale 1:5000.</b> Day 2: 100m after finish in all classes. 3 tasks on 6 flags (A-F) in Elite. 2 tasks on 6 flags (A-F) i A and A-16. 1 task on 2 flags (A-B) i B, B-16 and N-open. The TempO method will be used both days in all classes: You are given all maps at the same time with a cover. When the marshal says «Time starts now», you can remove the cover and start on the tasks. When the first task is answered, you move over to the next one and continue like that until all tasks have been answered; then the time is stopped. The maximum time per task in Elite is 30 sec, 45 sec in A and A-16, and 60 in B, B-16 and N-open. The penalty per wrong answer is 60 sec in all classes. Answers are given by speaking, using the phonetic alphabet ALFA – BRAVO – CHARLIE – DELTA –

ECHO – FOXTROT or by pointing on the letters below the map segment. IF you wish to point you have to make the timed control marshals aware of this when you arrive at the timed control.

#### Finish

Day 1: After the finish the competitor follow the route marked on the map 900m back to the arena to deliver the punching card in the tent marked «Pre-O». Wheelchair users must drive back through the course, 1500m.

Day 2: After the finish the competitors walk to the timed controls. After the timed controls the competitors must walk back to the arena through the course to deliver their punching card in the tent marked «Pre-O». The distance from the finish/timed controls to the arena is 1700m. There will be car transport available, but not until about 13.15.

#### Chasing start

Day 2 will have reversed starting order from the results of the first day in the classes with overall competitions. Those not competing the first day will start first.

#### Zero controls

May appear in the classes Elite, A and A -16.

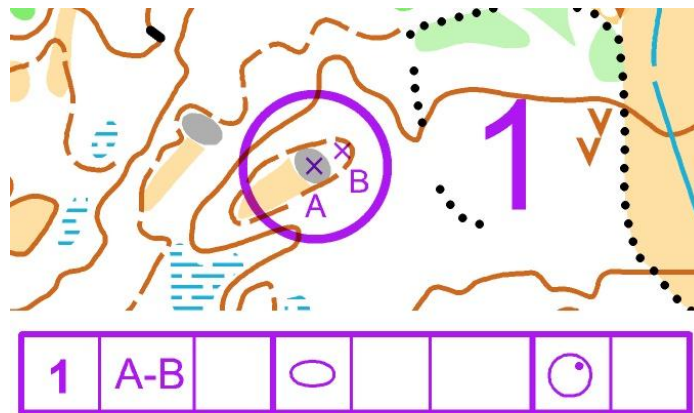
#### Punching system

The competitors bring their own puncher for punching at the timed controls. The organizer has a few spare ones at the start which may be borrowed.

#### Flag placements

**IOF's «International Guidelines for Elite Trail Orienteering 2014» will be followed as far as this document does not say otherwise.** (All Norwegian competitions starting from this season will follow these guidelines for flag placement.)

The main difference between the Nordic guidelines one has used in Norway and Sweden the last years is that the center of the circle decides the exact flag placement if more than one flag has the correct control description. For the control in the illustration below flag A is therefore correct even if flag B is further north-east on the hill. If flag A was not there, the answer would have been Z. For point features the center of the circle is placed in the center of the feature as before. Was this confusing(?): Just read the map and do as usual! The precision in the flag placement and the margins on the zero controls are unchanged.



#### Crossing course

In some parts of the course the lines will cross quite heavily. Beware to take the controls in the correct order and punch in the correct row.

#### Traffic

**The first part of the course on day 1 will go on both sides of the road to the arena and may therefore be heavily congested for those starting before 11.00.** Keep focus, and extra aware when crossing the road.

#### Double flags

At a quite a few controls on longer distance two flags on top of each other is used to improve the visibility of the flags.

#### Note 1

When several flags are visible from the viewing point and it is not obvious which should be counted and not, tapes will be put in a sector indicating which flags should be counted. Where column B specified "A" (1 flag), no sector is used even if more flags are visible (if a flag is correctly placed the answer is A, if not flag is correctly placed the answer is Z)

#### Note 2

Day 2: To control E9, E10, E11 and A9 the competitors must follow a marked route out of the path to the viewing point.

<b>Out of bounds</b>	Paths/roads marked with cross is forbidden to use (the complete path/road is forbidden). Where a line goes over the path/road and/or yellow/black tape goes over the path/road in the terrain, it is allowed to go until this one, but no further.
<b>Prizes</b>	Prizes to the winner each day in Elite and A in addition to overall competition prizes after day 2. Prizes according to the rules of the Norwegian Orienteering Federation in the other classes.
<b>Complaints/protests</b>	The deadline for complaints will announced on the final result list (with 15 min time window). The organizers decision of any claims may be protested upon within 15 min, the jury will then be called upon.
<b>Fair play</b>	We encourage the competitors to show fair play during the competitions. Keep your punching card for yourself, solve the controls in the correct order and no talking on the course. Unwarned punching checks may happen. The terrain is forbidden area until the competition and protest deadline has passed. Beware that all competitors may not have started when you return from the course. The youth competition on Saturday use the same route, so please do not show solution maps to potential competitors in that competition.
<b>Jury</b>	Arne Ask (Lierbygda o-lag), Ole Johan Waaler (Porsgrunn o-lag) and Martin Fredholm (OK Linné)
<b>Event Director:</b>	Øivind Holt, Halden SK
<b>Planner:</b>	Martin Jullum, Halden SK
<b>Controller:</b>	Arne Vilberg, Lillomarka O-lag
<b>Event home page:</b>	<a href="http://norwegianspring.no">http://norwegianspring.no</a>